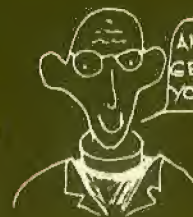




Ginger Tea Makes Friends

James Barber

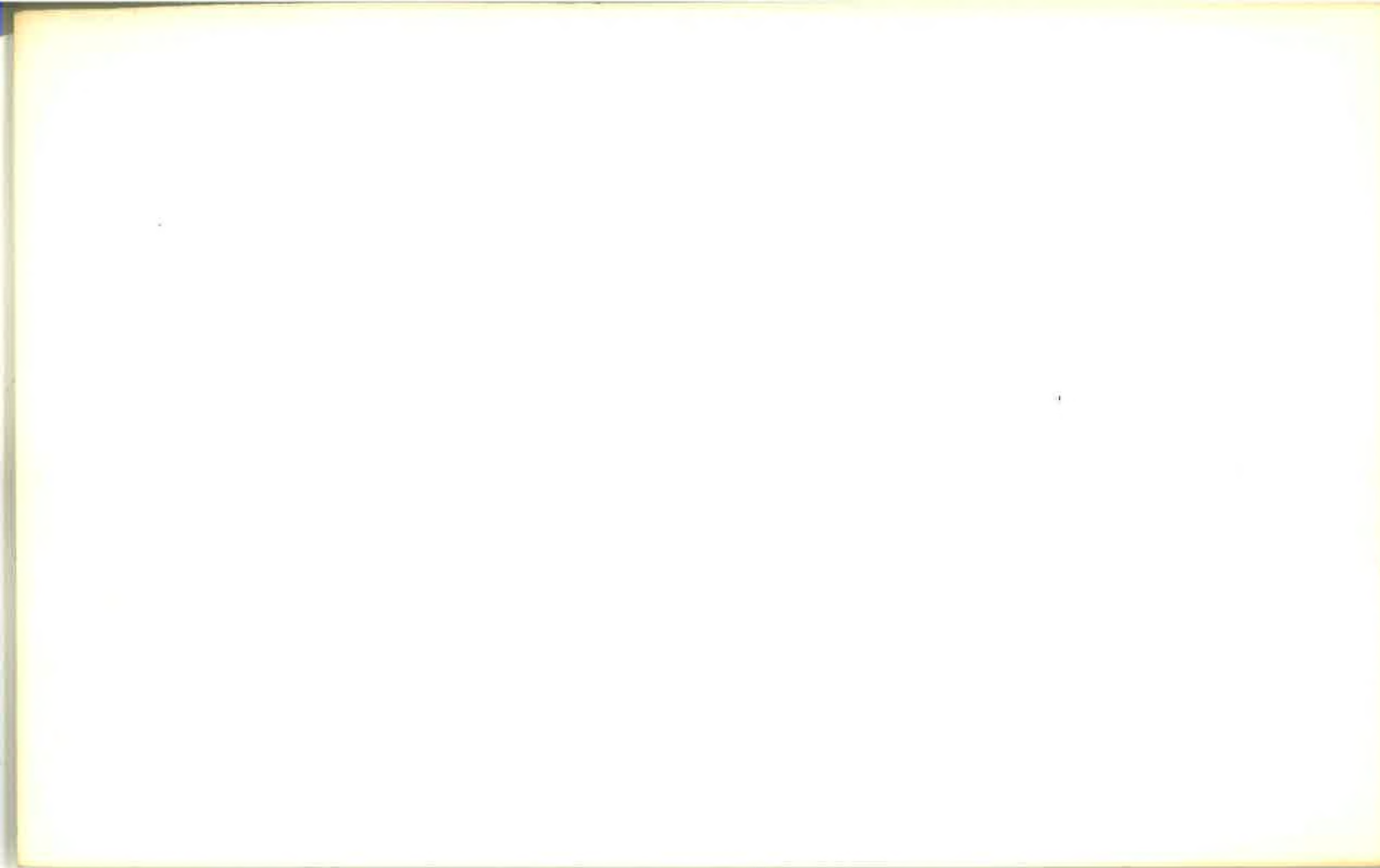


AND IT
GETS
YOU OFF

AND IT
MAKES
THEM
HAPPY

AND IT'S
LEGAL





*Ginger Tea
Makes Friends*

Ginger Tea

Douglas & McIntyre, Vancouver

Makes Friends

James Barber

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Cooking is the simplest way of saying
"I love you." That may sound pretentious
as hell, but if you accept it as essential,
your cooking will improve — and so will
your love life.

There is so much mystique in the kitchen,
all mixed up with social acceptance,
and fancy linen, and the right kind of
spoons. I learned how to cook in tin mess
kits, in France, and now I cook on a
beat-up fifty-year-old stove in a kitchen
covered with books and a typewriter
on the table, or on a sailboat at sea. I
have a lot of pots and pans, but mostly
I use a heavy iron fry pan with a lid.

I like candles, and I have a lot of saucers
to put them in. I use a lot of herbs, and
I usually measure them in the palm of
my hand. A tight squeezed palm is a
teaspoon, medium a dessertspoon, and
a really open one a tablespoon. Measure
out some spoonfuls, see how they look
in your hand, then forget the spoons and
start feeling your food as you cook it.

That's really the secret — touch it a bit.

For Helen — The Enthusiast

Bill of Fare

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A Simple Soup

1 This is a fall soup, a special for someone you specially want to please. Tomatoes are cheap in the fall, and it is not really a very expensive soup, but is almost obscenely luxurious, a smooth, soft, gentle, fattening, rich thing which makes a very pleasant light supper, particularly by the fire and with, if you can find it, a bottle of that Portuguese green wine very cold

The important thing is not to boil it, or it will curdle. Gentle it all the way through, gentle in the butter in slivers, stirring all the time, and gentle in the cream, stirring all the time. It should be a pleasant, soft sensation, and once you have started adding things, keep the heat soft and gentle. If you let it boil it will curdle, so be nice to it.

Croutons are just cubes of oldish bread, warmed, rather than fried, very slowly in lots of butter. I usually do them in the oven in my big iron frying pan. Melt the butter, toss the cubes in it until they are coated, add a chopped clove of garlic if you wish, or a couple of handfuls of

chopped parsley, and put them in a low oven (250 degrees) for an hour or so. Let them cool, and keep in a screw-top jar and use in soups and salads, or just eat them with a glass of wine while you wait for dinner to cook.

And don't forget the dill. If you haven't got any, get some, and start using it on all sorts of things. Cook beets in it, sprinkle it on fish, especially shellfish, and even if you have to finish up one day with a can of soup, throw in a little dill and surprise yourself. Canned tomato soup with dill in it tastes almost as good as the advertisements say it does.

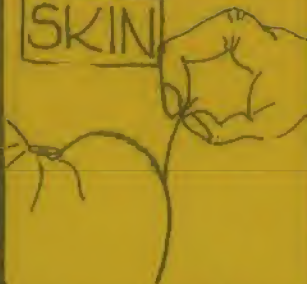
And get a sieve. For many of these recipes the only things you will need are a saucepan and an iron frying pan. But a sieve is useful. And a wooden spoon makes you feel good.

a simple soup.

DROP EIGHT LARGE
RIPE
TOMATOES
IN BOILING
WATER
FOR
30 SECS
AND



SKIN



SKIN?

I THINK
HE MEANS
PEEL



add
2 cups water
1 tablespoon sugar
pinch of salt
45 min
simmmmer



LID ON, AND
YOU FORGOT
THE DILL
(1 TEASPN)



SIEVE



BACK
IN
POT
ON
LOW
FIRE

AND, SLIVER
BY SLIVER ADD
4 OZ. BUTTER



DO
NOT
BOIL

now, off the fire.

S-L-O-W-L-Y
add one pint
whipping cream
STIR TILL SMOOOTH

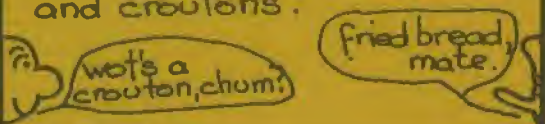
REHEAT

I SAID ALREADY
DO NOT
BOIL

SERVE IMMEDIATE
with black pepper,
lots of chopped parsley
and croutons.

wo's a
crouton, chum?

fried bread,
mate.



Rainy Day Chicken Livers

2 This is a rainy day dish that I always cook for two — and finish up eating with four

It needs a bottle of wine — something pretty earthy such as Gamza, or Bardolino — and a loaf of fresh bread, real bread, the kind that doesn't come wrapped in plastic.

Also it is cheap, and quick

Put the potatoes on to boil. Start them in cold water, with salt and mint.

Chop the onion. Cut up the other vegetables into something like one-inch pieces. Slice the mushrooms. Sit back for fifteen minutes.

I always start my cooking with the longest thing and count time from there. Potatoes take about half an hour, and the livers take about ten minutes. So, ten minutes before the potatoes are done, start the onions.

But, before you start, you have about fifteen minutes to sit back and drink some of the vermouth. Or the sherry. Or

the wine. I use vermouth because I like it, but friends use brandy or sherry. Anything with a wine flavour will do.

The important word is gentle. Turn things over. Don't keep dabbing at them with the fork. Just turn them over.

I use chopsticks for a lot of things, it makes for good habits. The Chinese stores sell cooking chopsticks that are joined together at the top by a small string and can hang by the stove.

Use lots of basil. If it comes out of a supermarket jar, crush it before you use it. If you haven't got a mortar and pestle, then use two spoons or, nicer still, put it in the palm of your hand and rub it around with your thumb until it smells nice. And use lots. About twice as much as you think you should. About a spoonful before you crush it. And another pinch for luck. And about half a teaspoonful of salt.

Use these things, until they feel right. If you have to cook with measuring

spoons and a balance, you might just as well become a druggist, which you won't like.

Coat everything with oil, gently. And, when the vegetables begin to change colour and look shiny, add the vermouth or the sherry.

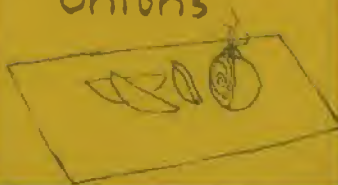
Cook for about six minutes, then add the cream. Bring the heat back up, but don't boil it. Serve it on rice, or potatoes, with peas. Mop up the sauce that's left with bread, finish the wine, sit back and burp.

FOR A RAINY DAY

CHICKEN LIVERS



Chopped
onions



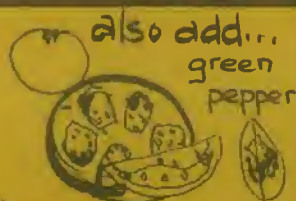
heat with pepper
until
+ ransporent



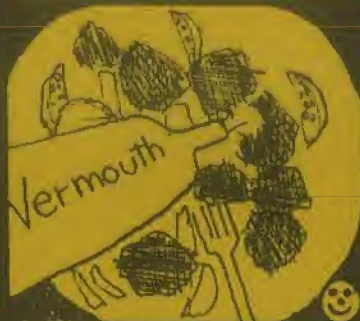
Chicken livers



turn as they
change color



tomatoes &
Salt... mushrooms
and basil and



6
minutes
gentle

mmmmmm

$\frac{1}{4}$ to $\frac{1}{2}$ cup
to pan



but don't boil.

boil new
potatoes



Wash
don't
peel
them
later

and of
course
we
should
have
done this
FIRST...



P-seudo P-sourdough P-sancakes

3 These pancakes are a Saturday or Sunday indulgence, when you have time enough for one of you to stay in bed, while the other sits and reads the paper. There is nothing to the cooking of the pancakes; you just cook one side till there are bubbles on the top, turn it over and cook the other side and eat them with hot maple syrup and butter. They will keep warm wrapped in a cloth in a low oven until you get enough, or if you happen to have your bed in the kitchen you can just eat them as they come. There are people who spend Saturday night on an air mattress on the kitchen floor just to be there in the morning, but that is close to addiction, which, until a local chapter of Pancakes Anonymous is formed, should be avoided.

But there are other aspects of these pancakes which should be noted. The first one up makes tea, peels an orange, gets the morning paper down off the roof, and delivers these three things, preferably with a flower and a candle, to the bedside. He then puts on the coffee while he makes the pancake mixture, feeds the

cat, avoids last night's dishes, and (this is a secret) sprinkles dry coffee on the stove burner so that the whole apartment begins to smell like coffee should taste.

By the time the coffee is ready the pancakes will be ready to cook. You know how to do this. Now, the first one you will have to try. Just to see if it is good enough for your mate. It will be. And perhaps that, you will think, was an accident, and you should try the next one. So you mix another batch, and finally deliver them, smiling, together with the maple syrup (if you can find Swedish lingonberries in a delicatessen then so much the better than anything else in the world), and butter, and hot coffee, and of course yourself, a portable radio and a couple of spare cushions.

The greatest pleasure comes in not answering the phone or the doorbell.

P-SEUDO
P-SOURDOUGH
P-SANCAKES

BEAT
3 EGGS

ADD

1 CUP FLOUR
6 OZ YOGHURT
1 CUP MILK

BEAT SMOOTH

I DON'T
SHOUT "MUSH"
TO MY DOGS -
I SHOUT
"PANCAKES"

NOW

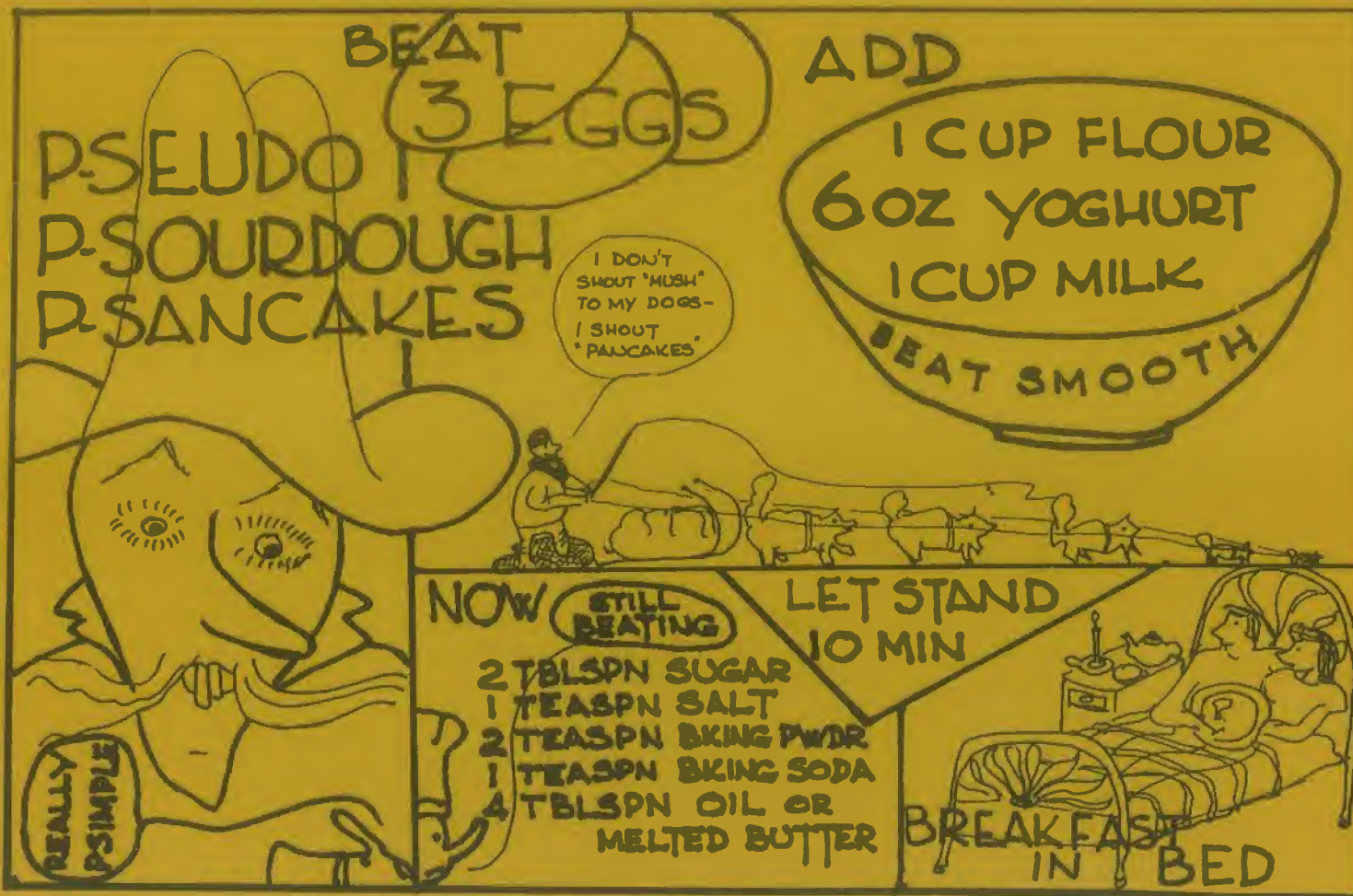
STILL
BEATING

LET STAND
10 MIN

2 TBLSN SUGAR
1 TEASPN SALT
2 TEASPN BKG PWR
1 TEASPN BKG SODA
4 TBLSN OIL OR
MELTED BUTTER

BREAKFAST
IN BED

REALLY
PSIMPLE



Corned Beef Hash

4 Twenty-five years ago, I learned to cook corned beef hash in a mess kit over an open fire, in a field under an apple tree. With a girl. The army gave us the corned beef, we stole the onions and potatoes from a farm, and she brought some bacon fat to cook with.

Nowadays I am a little more sophisticated about it but the flavour is still there — the crisp, almost-burned outside and the squishy, steaming inside. Kids like it, and they particularly like their fathers to make it. Wives like it, people on boats like it, it's great on beaches and just as good in the kitchen on a Sunday afternoon.

And it's easy. And cheap.

I use canned corned beef. Slice the onions thinly and chop them into half-inch strips. Slice the corned beef and put it in a bowl with the onions, a little more pepper than you think you should use, and a level teaspoonful of salt. Get your fingers in it, squish it about until it's well mixed, then throw in an egg.

Squish it some more with the potatoes. Some people use a fork at this stage, but fingers are better.

Put a little oil, or bacon fat, or butter, in the frying pan (preferably a heavy one), heat it just to smoking, and spread the mixture about half an inch thick — or three-quarters, depending on how much you like the crispy outside.

Sprinkle the top with mustard powder, about a teaspoonful or a bit more, and spread it with a knife or your fingers. Cook it on a medium fire until it slides readily in the pan, when the bottom will have a well-baked crust. About ten minutes.

Now comes the trick. Put a large plate over the pan, hold it steady, and turn the whole thing over. The crisp side is now topside up on the plate. Put the pan back on the fire, add a little more fat, and slide the whole thing gently but quickly back and forth for another ten minutes. Sprinkle and pat more mustard onto the top (the crispy side), while it's

cooking, and when it's done slide the whole thing out onto a plate.

Good with cabbage. Slice the cabbage thinly, cut out the core, and place in a heavy saucepan with a couple of table-spoons of oil, a tablespoonful of water, half a teaspoonful of salt, and a good sprinkling of pepper. Don't be scared of the pepper. Put the lid on, cook over medium heat, shaking frequently — about ten minutes, until it's just cooked, just transparent.

CORNERED BEEF HASH

Add
together



one onion
or
two
chopped fine...



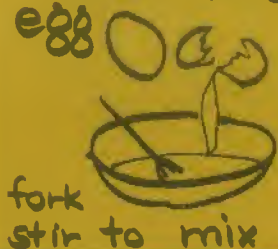
3 medium
sized



In a bowl



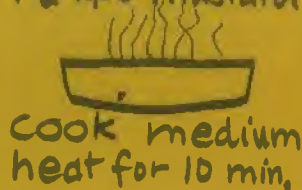
then one
egg



Fix Mix into
cake $\frac{1}{2}$ " to $\frac{3}{4}$ "
thick in



Sprinkle with
 $1\frac{1}{2}$ tps mustard



to turn over
cover frying
pan with plate

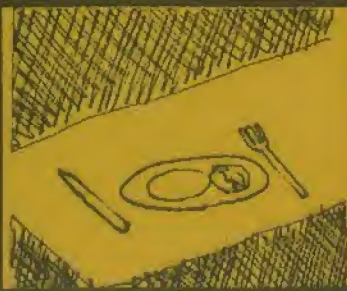


flip

and slide back
to cook other
side. Add $\frac{1}{2}$ tps
of hot
mustard...



THE HASH
WILL HAVE A THICK
BROWN CRUST ON
BOTH SIDES
EAT WITH CABBAGE



Omelette

5 Put anything in this omelette, like grated cheese, or honey, or mushrooms sliced and gently fried in butter with basil, or shrimps or crabs with dill, or caviar (the cheap kind is enough and it's a fantastic Sunday breakfast) or tomatoes and onions sliced and fried with a little olive oil and some oregano or crumbled bacon or parsley or some just fried bean sprouts with a little onion and a crushed flower of star anise

And if you want to make a lunch of it, most elegant, make borscht first, preferably the day before. Get two bunches of fresh beets, cut off tops and bottoms, slice them, put in about a quart and a half of water, a teaspoonful of dill, a pinch of salt and a teaspoonful of sugar.

Boil them all for an hour. Strain, put the beets in vinegar to eat later with cheese, and put the soup (it's purple and looks like good wine) in the refrigerator. Serve cold, with lots of sour cream and chopped cucumber (skin on). Very good with Portuguese Vinho Verde.

Do it with style, and let it take five minutes. Borscht in the bowls, sour cream ready, cucumber chopped. Then quick, the eggs, six for two of you, and a soup ladle holds exactly three when you come to put them in the pan.

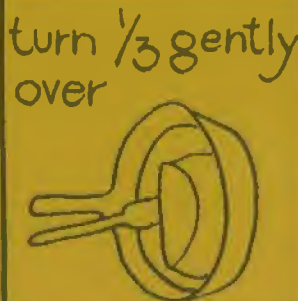
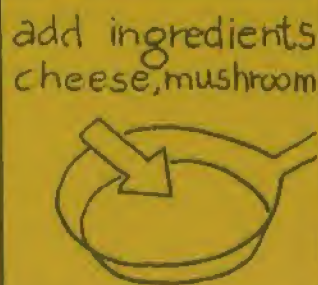
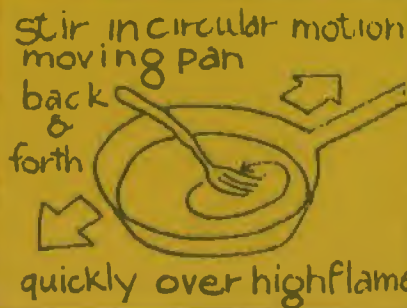
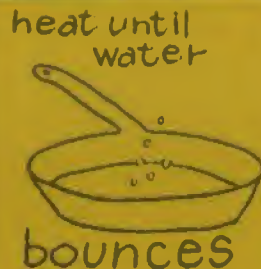
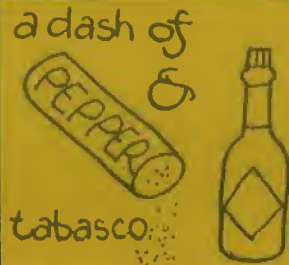
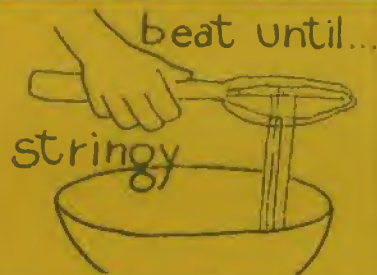
Heat the pan (keep the flame high) until water flicked on it bounces. Dump in the butter and swish it around until it foams (but don't let it get brown). Quick with the eggs, and immediately stir with the fork flat on the bottom of the pan. Vigorously. Until the eggs are just set. Then you have a minute.

Leave the pan to sit, put in the filling, fold over one third of the omelette in the pan, and then turn it all on to a plate. Another minute for the next one, and you're away. I once cooked forty-four omelettes for a party, one after the other, in an hour, with a collection of different fillings. It's a great trick to learn.

A heavy pan is best. Mine is a Norwegian one, about eight dollars. Don't use it for

anything else, and never wash it. If anything sticks, scour it with salt. The more you use it, the better it gets. Lots of butter.

Omelette



Coq au Vin

6 When the autumn leaves start to fall chickens are cheap. Not the little, skinny mini-skirted spring chickens, but the tough old heavies who just can't make it any more in the egg parlours. They call them Grade B, and they sell for about forty cents a pound.

While you are shopping, pick up half a pound of small onions. Really small ones, little round pretty ones. And about a quarter pound of meaty back bacon. If you're short of money get bacon ends and cut off the fat. And a bottle of half decent burgundy. The better the wine, the better the dish. Don't, unless you are a confirmed masochist, use Canadian wine for cooking. And get a bunch of parsley. Keep what you don't use in a plastic bag in the refrigerator. A loaf of French bread is also timely.

Now, accept the fact that it's easy. Place two or three ounces of butter in the heavy iron frying pan, and brown the chicken (which of course you have defrosted) all over. Put it aside in a warm place — the oven if you want, very low,

and brown the onions (whole) and the bacon (in strips) in the same pan. While the onions are browning, joint the chicken — wings, legs, and the carcass — into four pieces. Put it all together in the pan, turn the heat up high and add half the wine. Have a glass for yourself while you are at it. Crush a clove of garlic, put that in, and a little salt. The rest of the salt goes in when you are ready to serve. A little pepper, and a bouquet garni. Put the lid on, turn down the heat to very slow, and leave it for about a few hours. Take a book and another glass of wine to the bath, with a note on the door, if you are a mother, to say that you are cooking dinner and must not be disturbed.

In three hours or so (time is not important) it will be ready. Take out the bouquet garni, thicken the pot a little with *beurre manie*, add a little salt to taste, and brown the sliced bread in butter or cooking oil (not olive oil this time). Put the chicken on the table, liberally sprinkled with chopped parsley.

Serve it with the bread, and green peas, and rice, or mashed potatoes. That's it — Coq au Vin, a French name for a simple dish.

A bouquet garni is a bunch of parsley stalks (keep the leaves for the final serving). Tie the stalks in a bunch with a bayleaf, and a sprig of thyme, and leave a long end on the string so that you can find it later. If you can't find fresh herbs, use Spice Islands bottled bouquet garni tied up in muslin, and if you can't be bothered with the muslin, just dump it in the pot. It tastes the same, but looks better with the little extra care.

Beurre manie is a mixture of butter and flour. About twice as much butter as flour. Mix it together into a paste and roll it into little balls, about a quarter of an inch across. To thicken, add the balls one or two at a time to the pan until it is thick enough. Shake, not stir, because the stirring will break up the meat. Bring to the boil, and that's it. *Bon Appétit.*

COQ AU VIN



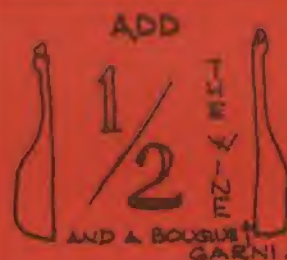
brown it



in butter
S-l-o-w-l-y

AND PUT IN A
WARM PLACE

BROWN



AND THE ONIONS ETC
A CLOVE GARLIC
A LITTLE SALT
TO THE POT



SLOW FIRE VERY SLOW

WHILE YOU TAKE
A
B
A
T
H



REMOVE THE HERBS
THICKEN A LITTLE
WITH BEURRE MANIE.
SALT TO TASTE.
SPRINKLE WITH
FRESH ^{CUOP} PED PARSLEY

AND
SERVE



WITH A FRENCH
ACCENT, THE BEST OF
THE WINE AND FRIED
CROUTONS. NOBODY
WILL KNOW IT IS
JUST CHICKEN
STEW.

Hurry Up Clam Chowder

7 Fish Needs Fennel. Remember that. The most ancient, and most delectable piece of fish in the world can be transformed by fennel into something exciting.

The little hard kernels need grinding up. If you haven't got a mortar, use two spoons. Put the fennel in one and the other on top and press hard with your thumb while you wiggle them about.

Dill is almost as good, but a better herb for shellfish. The fennel has a more exciting taste, which comes through the smoothness of the potatoes and clam juice.

This is not a prescription recipe. Onions are essential, and so is some sort of bacon, even if it is only bacon fat left over from the breakfast frying pan. Celery is nice, but so is green pepper,

and so are thin sliced mushrooms, or even leeks. It is capable of almost infinite extension by the use of soup cubes. I usually feed two people with this amount. But if two or four more arrive there is always another potato, and another soup cube, and another cup of water. And another stick of celery and

There is nothing quite like a wet afternoon digging clams and coming home to a hot bath and clam chowder. Kids like it, fathers become enormously popular. After a movie or a walk it is a genuine half-hour recipe which is much more fun than waiting for the pizza delivery man to arrive with a bill for three or four dollars and what you save on pizza you can spend on beer or a bottle of wine.

If you can't dig clams, then the canned minced ones are the cheapest and best

alternative. Everything except the fennel is usually available in the corner store, and if you want to plan ahead for a lot of people then get all the nice things you like for the chowder, and make garlic bread and put a dish of chopped parsley on the side and some one-inch lengths of green onion for people to dump in as they like.

Leeks in half-inch slices are very good in chowder if you want to make it a family meal. Fry them a little first in butter or oil or bacon fat. Don't worry about making too much — somehow it always disappears.

WANNA SEE
MY ETCHINGS?



CHOWDER?



HURRY UP CLAM CHOWDER

like
half
an
hour



CHOP 5 SLICES BACON
2 STICKS CELERY
1 MEDIUM ONION
INTO
HALF INCH BITS



FRY BACON
TRANSPARENT
IN ITS OWN
FAT



THEN...

ONION AND
CELERY TRANS-
-PARENT TOO.



LOW/
MEDIUM
HEAT

I KNOW



NOW
JUST THE
JUICE. AND
A BAYLEAF
HALF A LEMON
DASH PEPPER
HALF TSPN
DILL OR FENNEL
AND
HALF TSPN CURRY PWDR

AND



AND GARLIC

DICED
POTATO

SIMMER
HALF
HOUR
LID ON



ADD
CLAMS
FOR
FIVE
MINUTES

VERY NICE.
CAN I SEE
YOUR ETCHINGS
NOW?



Lamb Chops Sofia

8 Sofia was tall and elegant and beautiful and she thought that lamb chops were a fast resort.

Lamb Chops Sofia evolved itself while she lighted the fire and washed my last week's dishes and swept the floor and made my bed and fed the cat and emptied the bath and generally behaved like a liberated woman. It is easy to make, with a nice long time to sit and decide that the day wasn't so bad after all. There is also only one pot to clean, and if you put in enough vegetables it is what the dieticians call a balanced meal.

I buy cheap lamb chops, shoulder chops. Any lamb at all can be made nice with a little love and care, and all lamb improves at least one hundred percent if you can possibly arrange to leave it marinating in the refrigerator overnight. Even if you live in one room and haven't got a refrigerator, meat will keep in a marinade for twenty-four hours.

Marinades are a personal thing. Try about half and half oil and vinegar (or wine),

a bit of fine chopped onion, a little salt, a little pepper, and (for lamb) some basil or rosemary or oregano. Lemon juice is nice too. Don't be scared of oregano, use lots. You don't need to make enough marinade to cover the meat. Just mix a bit in a plate, dip both sides, and turn it occasionally. And if you have a rat put it somewhere inaccessible. I once had a rat which ate my marinating lamb chops in ten minutes while I took a shower.

Fry the chops quickly till they are brown, then turn down the heat. The rest is easy. Take a look occasionally, and if it is getting too dry, dump in a spoonful or two of water. Or wine. If you want to pretty it up, sprinkle a little chopped parsley before you serve, and put one lamb chop on each plate, on top of the rice.

It works out to about a dollar a person. Very filling.

LAMB CHOPS SOFIA

FRY TWO
LAMB CHOPS
BROWN

THIS IS
GOING
TO TAKE
45 MIN

ADD

1 TEASPOON
2 OREGANO
CLOVE CHOPPED
GARLIC
1 CHOPPED
ONION

SLICE
A GREEN
PEPPER

AND/OR
A LEEK
- SOME
MUSHROOMS
TWO STICKS
CELERY

FRY IT ALL
TOGETHER
5 MINUTES

THEN

TWO
TOMATOES
AND
HALF A
LEMON
BOTH SLICED

$\frac{1}{3}$ CUP
RICE
 $\frac{2}{3}$ CUP
WATER
1 SOUP
CUBE

STIR
A BIT
TILL
IT
BOILS

SIMMER
LID ON
40 MINS
WHILE YOU
TURN ON

WITH YOUR
FAVORITE



MUSIC

Le Big Secret

- 9 Just think of them as pancakes and it's easy. Not hotcakes, but just some rather special pancakes that you are going to make for a weekend breakfast or lunch. Then, if you want to show off one day with a great flaming flourish at the end of dinner, you will know how. Your guests will be impressed, and you may well have learned a new social grace — such as what to say to the boss the morning after you have set his wife's wig on fire.

Crepes or pancakes, the mix is the same:

- 7 ounces flour
- 3 eggs
- 1 teaspoon sugar
- $\frac{1}{2}$ pint milk
- A good pinch of salt
- 2 tablespoons melted butter
- 1 ounce cognac or rum

The rum is essential for crepes, optional for pancakes. In either case, nice. Mix the flour, sugar, and salt in one bowl. Beat together the eggs, milk, butter and cognac in another bowl — and slowly mix them into the dry ingredients. Keep beating until everything is smooth. Don't bother with a beater. Use a fork. Now leave it at least two hours, or overnight,

or two refrigerators. Just ignore it. That's all the making there is. The rest is cooking.

For pancakes, check that the mixture is thin. If it is any thicker than cream, add water and mix in with a fork until it's thin enough.

Heat your cast iron pan on a medium heat. Melt about half a teaspoon of butter all over the pan, and pour in enough batter to cover the bottom thinly. Swirl it about a bit so it does cover. The mix should be thin enough to run.

Cook about a minute, and turn it over with a spatula or (all this needs is courage and nobody looking) toss it. Another minute and it will be done.

Sprinkle sugar all over, squeeze about a quarter of a lemon on the sugar, roll it up in the pan and roll it on to a plate. A little more sugar, a little more lemon juice, and you have the traditional English pancake.

Crepes you cook the same way in a little pan. And you stack them up until you have about three per person. It's best to do it in the afternoon if you insist on showing off at dinner.

You can fill them with smoked salmon or crab, and cook them in a Hollandaise sauce, or you can be really vulgar and ostentatious and do the whole crepe-solette trip. Whatever you do will be expensive.

For crepes Suzette, cream a quarter-pound butter with three good table-spoonfuls sugar (icing sugar is best), a tablespoon of grated lemon rind, and the rind and the juice of an orange. And about an ounce of Cointreau (or Grand Marnier or Curacao).

Really cream the butter and sugar. Then add the other things slowly, and keep mixing. If it separates, don't worry too much. The heat will fix things for you.

Heat the big heavy pan, dump in the butter mixture, and cook it until it bubbles. Then dip each little crepe from the pre-cooked stack into the mixture, turn it over, fold it into quarters, and push it to one side of the pan.

When they are all done, spread them back over the pan, sprinkle them with sugar, and pour about an ounce of brandy and Cointreau (or whatever) over them. Stand back, light a match, and whoosh. Easy and expensive.

SSSSSSHH

THE
BIG
SECRET



CREPES

ARE
SO

EASY EASY EASY
NO HUM NOTHING TO IT
EASY EASY EASY
ANYBODY CAN DO IT
EASY EASY EASY
MAKE YOUR FRIENDS
BE EASY LESS USE
OF MY DENSE NOTHING
TO IT. HELEN IS SO
CLEVER. EASY EASY EASY

THEY JUST

pancakes



WITH STUFF ON THEM.

7 OZ. FLOUR
1 TSP. SUGAR
PINCH SALT

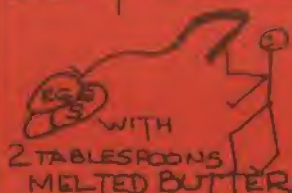
1

3/4 PINT MILK
3 EGGS
1 OZ. BRANDY

2

TWO BOWLS

BEAT BOWL 2



AND S-L-O-W-L-Y
MIX INTO FLOUR
ETC (BOWL NO. 1)

VERY SMOOTH



HOURS
OR ALL NIGHT
BUT

LEAVE IT ALONE



THIN IT
WITH
WATER
TO A THIN
CREAM

LITTLE BUTTER
MEDIUM HEAT.
TO JUST GOLDEN

FRY GENTLY

TURN ONCE.
BIG PAN - PANCAKES
LITTLE PAN - CREPES

PANCAKES:

SPRINKLE LEMON
JUICE AND SUGAR,
ROLL UP.



CREPES: 1/4 lb butter, 2oz sugar,
2oz Cointreau, 2oz brandy, orange
juice, orange peel and lemon peel
both chopped. Heat to bubbling,
dip crepes both sides, fold to
quarters at side of pan. FLAME.

Spaghetti and Stuff

10

Just cook it long enough — and slowly. What you don't eat, put in little plastic bags and place in the freezer of your refrigerator.

It's a tomato sauce, originally for lasagna. If you want to stiffen it up in a hurry, fry half a pound of hamburger until it separates, then pour on the sauce and cook together for half an hour.

If you want it even thicker, add tomato paste. Canned tomatoes are better and cheaper for spaghetti than most fresh ones. If you do use fresh ones, skin them first by putting them in boiling water for a couple of minutes. The skin will peel off easily.

The lemon is important. Take it out before you store the sauce. Use lots of basil, at least a teaspoonful, and half as much oregano.

Now we come to the serious business. There are two tests of true love in the kitchen. One is making Eggs Benedict, the other is fresh pasta, or "pasta fatta in casa." It takes time, so do it on a rainy Saturday. Cook it while the sauce is on the fire.

Spaghetti, lasagna, macaroni and rigatoni, they're all the same stuff — pasta. And there is no taste in the world like a lasagna made with fresh pasta. So: Lasagna al forno.

3 eggs, well beaten.
small teaspoon salt.
1 pound flour.
5 tablepoons water.

Mix it salt to a ball. You might need a little more water. Sprinkle a board with flour and knead the dough for about fifteen minutes with the heel of your hand. Sprinkle a little flour around occasionally so it won't stick.

It's a nice time to talk to people. That's why good bread-makers become such nice people.

Twist the dough off into six parts. One at a time, put them on a board and roll them as thinly as you can. I use a wine bottle for a rolling pin. Sprinkle a bit more flour about. It's very elastic, so it's hard work.

Fold it over a couple of times, and do it over again. Three times. For lasagna, cut the final thin dough into two-inch

strips, and put them somewhere on a clean cloth to dry for about an hour.

This sauce is beginning to smell good by now and might need half a cup of water. Now, Homemade pasta needs only half as much cooking time as the commercial kind. Lots of boiling salted water, and cook the strips of lasagna three to four minutes. Take them out and drain.

Butter a dish (lots of butter), a layer of cooked lasagna, a layer of crumbled mozzarella cheese, a thin layer of either chopped Italian sausage, or salami, or hamburger rolled into little balls.

Another layer of thinly sliced hardboiled eggs, and sprinkle it all with Parmesan cheese.

Now the thin tomato sauce over all, and start the layers all over again — twice, maybe three times, depending on how thick your pasta is.

Finish top with tomato sauce and a few knobs of butter. Bake at 350 to 375 degrees for half an hour.

If you use bought pasta, that's okay. But boil it ten minutes.

SPAGHETTI ANDA STUFF

BASIL

GARLIC



OREGANO



HALF A
LEMON



AND
A SOUP CUBE
OR TWO

CHOP
EVERYTHING
FINE

EXCEPT
LEMON
AND HERBS



FRY ONION AND
CELERY
TRANSPARENT

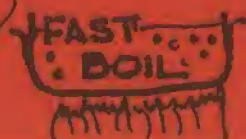
ADD
EVERYTHING
ELSE AND
SIMMER
TWO HOURS
LID ON

NO
MEAT?

MAMA MIA,
TODAY IS
FRIDAY.

SPAGHETTI
12 MINUTES

NO
LID



SALT
WATER

SPAGHETTI
IN THE EARS
CAUSES
DEAFNESS.

→ WATCH IT ←

Poor Man Pizza

11

If you live in a basement suite with a fire-breathing landlady who doesn't want you to cook, to come in late, to have visitors after 10:00 p.m., smoke, drink, bath more than once a week or turn over in bed because it wears out the sheets, then you have a problem.

This recipe is specifically for basement suite dwellers who hide the hotplate and the frying pan under the bed. It can be made by others: by children for supper, and by hungry drunks as a measure of their sobriety, by diesel mechanics waiting to get their fingernails clean and by the totally incompetent who normally manage to mess up the preparation of something so simple as a can of sardines.

It is simple and foolproof. Nothing you can do to the dough can spoil it. It is indigestible, filling, and as interesting as you are to make it.

The only care that must be taken is in the frying. The oil must be hot, but not smoking, so that after five minutes cooking the underside is a golden brown, not too hard but just crisp. It is so cheap to make that if you foul it up you just throw it away, feed it to the dog, or keep it till next morning as a special treat for the seagulls on the beach.

POOR MAN PIZZA


QUICKER
THAN
PHONING

DUMP IN A BOWL

1 CUP FLOUR
1 TSP BAKING PWDR
½ TSP. SALT
4, 5 or 6 TBLSP. WATER

MAUL IT ABOUT



NOW  THROW
IN A HANDFUL
OF GRATED
CHEESE AND
HALF A TSPN
OREGANO.

MAUL



ROLL IT OUT WITH A
BOTTLE ABOUT ½" THICK

¼" OIL IN FRYING
PAN - HOT BUT NOT
SMOKING.

IF IT SMOKES TAKE
IT OFF TILL IT STOPS

CAREFULLY PUT
IN DOUGH.
LOW HEAT,
5 MINUTE'S.
TURN OVER

PUT WHAT YOU LIKE ON TOP. COOK 5 MIN.
MORE. (SLICED TOMATO, FRIED BACON, ANCHOVIES,
FRIED SLICED MUSHROOMS, CANNED SHRIMP AND
DILL, AVOCADO, SALAMI - ANYTHING). THEN
MORE CHEESE.

IT'S NOT PIZZA
BUT IT'S NOT BAD

Chinese Food in Five Minutes

12

Still trying to learn technique of Chinese cooking. It is a quick, easy and energetic method that requires your complete attention for five minutes and is something well worth learning. The food is bright and attractive, better than you get in all but the best Chinese restaurants and as economical to extra-again as you wish to make it.

The first time I suggest that you start with very simple ingredients: bean-sprouts, green pepper, a couple sticks of celery, and either green beans or bok choy. (That's the Chinese cabbage with thick white stems.) Get a little of each. Bean sprouts are in the supermarket in packages or loose in Chinatown. A handful of beans, a quarter pound of mushrooms and a bunch of green onions will do it. Root ginger — not powdered — is the only kind for getting the right taste. Garlic, powdered if you must, but it's much better to learn about it fresh. Just crush a clove with the side of a knife and the skin will shake off. Then chop it fine.

First, put on the rice. One cup rice,

two cups water, a pinch of salt, bring to a boil, stir once, put lid on tight and turn the heat down to the lowest you can. No peeking, just leave it for twenty minutes. While it's cooking, cut the vegetables.

Celery, green beans in one-inch lengths. Little mushrooms halved, big ones sliced. Bok choy in one-inch lengths. Green onions in one-inch lengths, but separate the white part and the green. Cut an onion into coarse pieces (about one inch).

If you haven't got a wok (Chinese frying pan and worth getting) then use a heavy frying pan, fairly big. If you haven't got a heavy frying pan, make up your mind to get one. You're going to need it if you like my cooking. Start when the rice has been on for fifteen minutes.

Cut three or four strips of fat bacon into quarter-inch slices. Or use bacon ends which are cheaper. Or hog jowl which is even cheaper. Fry it with the garlic until transparent. Grate in about a quarter-inch of the ginger root (don't peel it, just grate it on the coarse grater).

The pan will be hot and on the point of smoking. Keep it hot, dump in the celery and turn it over and over (from underneath in the fat). Thirty seconds later put in the bok choy, beans, the onion and green pepper.

Keep turning it over. Don't mess about from the top, get under it. Cook everything with the bacon fat and keep it moving. Use a pancake turner or anything else big.

Thirty seconds later, put in the bean sprouts. Pepper, a good pinch of salt, keep turning over and over, pan very hot. Now the mushrooms, and the green onions (the white part). Lid on the pan (it will be ready in two minutes).

A teaspoonful of cornstarch dissolved in a little water, a soup cube in half a cup of hot water. Take off the lid one minute before it's ready, put in the soup stock and green parts of the onions. Turn it all. Put in the cornstarch. Turn it all. Cook thirty seconds. Take it off the stove into a dish, eat on rice. Good with beer.

Chinese FOOD IN 5 MINUTES

1
heavyweight



or
wok

4 strips fat
bacon



chopped up

1 clove
garlic to peel

smash with side
of cleaver chop
fine



grate about $\frac{1}{4}$ "
fresh ginger
root



into pan...add
garlic

half an onion..



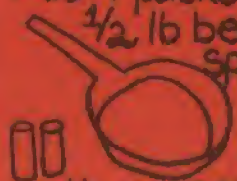
slice coarsely
into chunks

then...the end/
celery
beans
green pepper
bok choy
green onions..

mushrooms
but not potatoes
cut into 1" lengths
High Heat add
vegetables
stir fry



Add 1 packet
 $\frac{1}{2}$ lb bean
sprouts



salt pepper

Leave lid
on 2 mins.
or add soup
cube dissolved
in $\frac{1}{2}$ cup water
and 1 tsp.
corn starch
in a little water
1 minute each

Eat with
chopsticks
rice
and.....
a happy
face.



Buttered Crab

13

Use canned crab if you have to, but fresh whenever. This is a ridiculously simple, completely foolproof recipe which is just made for bachelors, spinsters, apartment dwellers and ladies who get picked up on buses and want to take him home.

This is one of the few canned meals which appeals to me. All you need to buy is a bottle of dry sherry, a couple of so of flowers and a candle, and you will have a dinner party of considerable elegance for two.

Just get things ready for the crab, shove it in the fridge and forget it. Let him, her, or whatever your fancy is, pour a glass of sherry and relax. Open a can of consommé (you may hide out in the bathroom and do it if you want to be thought really clever), dilute it with three quarters of the water recommended, and heat it. While it's heating let the hot tap run on

two mugs, or cups or whatever you want to serve your consommé in. As soon as the soup is hot, pour it into the mugs and quickly dump in an ounce or two of sherry. And if you want to be elegant float a thin slice of lemon. That's it. Stage One over.

Now do the crab. Just like the pretzels. If there is fresh asparagus in the stores, cook it fifteen minutes with a squeeze of lemon over the heads, and serve with melted butter. But if there isn't any fresh use canned asparagus. Put it in the refrigerator for a bit, open it, drain it, and serve it cold with melted butter poured over it. Just like that.

Saturday lunch, midnight supper, after a movie, when your mother-in-law arrives, somebody special, or if you just plain want to make a pig of yourself eat crab.

OH MARY, IT'S SO EASY. JUST
TAKE A QUARTER-POUND OF
CRAB (OF COURSE I PREFER IT
FRESH) AND A BUNCH OF
PARSLEY (CHOPPED) AND THE
JUICE OF A LEMON AND A
DESSERTFUL SPOON OF
CRUMBLERED BREAD AND A
LITTLE PEPPER.....

YES?

NOW YOU MELT A
TABLESPOONFUL OF
BUTTER IN THE PAN
AND THROW EVERY-
THING ELSE IN AND
STIR IT A BIT FOR
3 MINUTES AND EAT
IT ON TOAST. IT'S
ALMOST SINFUL. JOHN
WILL COME HOME
AGAIN, I'M SURE.

WILL
HE
BRING
ME
FLOWERS
TOO?

BUTTERED
CRAB



Zabaglione

14

Zabaglione is the only dessert anybody needs to know. It is the best food in the world for happy, sensual, easy, rich, mildly intoxicating and so nice that no matter what you have done with the rest of the dinner it will be forgiven and forgotten.

The making is foolproof, if you take care of just two things. It is nice to get the egg whites and yolks separated, but it doesn't matter if you are a bit sloppy. It is nice to use fresh eggs that haven't been in the refrigerator, but it doesn't matter that much. It is nice to use Marsala, but sherry is okay and so is Madeira. I know people who have developed a taste for it with whiskey, but none of these things really matters. What is important is to keep beating it, and not to use boiling water.

I just take a saucepan of boiling water off the stove and use that, topping it up occasionally to keep it hot. If you leave the bottom of the bowl unbeaten while you light cigarettes or display your etchings it will curdle or turn into a custard, which has no appeal at all.

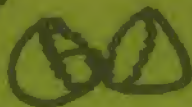
It has been around a long time as a food and an aphrodisiac. The Romans like it, and the Italians, and the French and the Spaniards. I have had a Greek version of it made with that aromatic Greek honey (this needs a lot of care and a lot of beating), and in Belgium a Dutch bottled version of it is very popular. But best of all it is fresh made, and eaten very quietly, at body temperature.

ZABAGLIONE

THIS IS FORTWO
AND ITS BLATANTLY
IMMORAL

①

BEAT 4 EGG YOLKS
FLUFFY IN A
BASIN.



DOESNT MATTER
IF A BIT OF
WHITE GETS IN

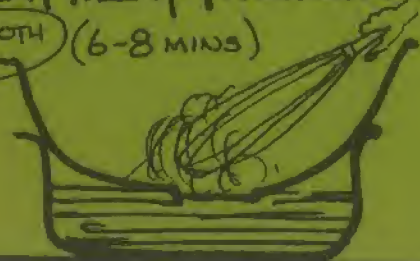
② BEAT IN 2 TABLEFOONSPULS
FINE SUGAR (BROWN WONT WORK)
AND 2-3 OUNCES MADEIRA

OR MARSALA
OR SHERRY

③

SET BASIN OVER
A BOWL OR SAUCEPAN
OF HOT NOT BOILING WATER
AND BEAT TILL IT THICKENS

YOU CAN BOTH
BEAT IT (6-8 MINS)

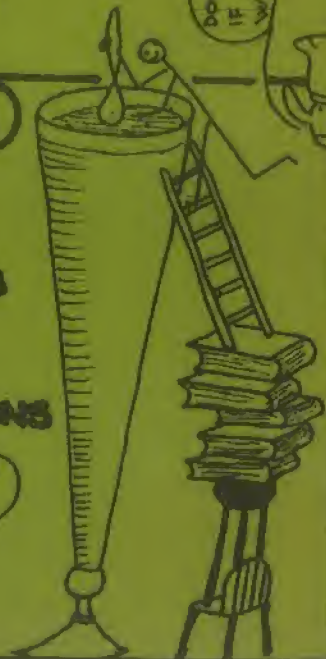


USE A FORK
IF YOU LIKE



EAT ④
FROM
TALL
GLASSES
WITH
TEASPOONS

ITS TOO
THICK
TO SUCK



Six Pak Stu

15

This is a nice, thick, belly-tinging stew that makes a pound and a half of meat go a long way. I like to make it on a Sunday afternoon, put it in the oven and go for a walk.

With heavy rye bread, and Brussels sprouts or braised leeks, it is a pleasantly satisfying meal with friends and a case of beer.

If you want to be elegant, and call it *Carbonades de Boeuf à la Flamande*, then feel happy about it. Light candles, put flowers on the table, get a good rough Burgundy and cook a lot of asparagus.

The only care you must take is in making the roux. That's the mixing in of the flour, after you have fried the meat. There should be sufficient fat left in the pan to cook the flour and, if you scrape around a lot and make sure that every bit of sediment gets mixed in, it will taste much better when it gets to the table. But cook the roux gently, very low heat, stirring all the time, with the fork held flat on the bottom of the pan.

SIX PAK STU

CHOP AND FRY
IN 4 TBLSP. BUTTER
VERY GENTLY
2 LARGE ONIONS
LOW HEAT, 20 MINS
TURNING FREQUENTLY

TIME FOR
A BEER

NOW: ONIONS
OUT OF PAN. ADD
2 TBLSP. OIL.

HIGH HEAT, FRY
QUICK 1½* STEW
BEEF, FLOURED.
BROWN ALL SIDES.

NOW: MEAT
OUT. HEAT DOWN.
ADD 2 TBLSP. FLOUR
STIR-STIR-STIR
UNTIL LIGHT BROWN

ADD 1½
BEER S.
BOIL
AND
BEAT
SMOOTH

TIME FOR
HALF A
BEER.

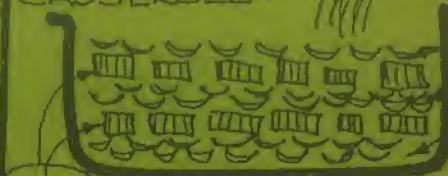
ADD:
1½ TSP. SUGAR
1 TBLSP. VINEGAR.
1 CLOVE CHOPD. GARLIC.
1 BAY LEAF
1 TSPN. THYME ½ TSP. BASIL

PEPPER, OF
COURSE, AND
SALT

NOW: A
CASSEROLE.

SAUCE

ONIONS



MEAT

COVER MEAT

LID ON
OVEN 250-275
FORGET IT
3 HOURS

ANOTHER?

GARNISH WITH
CHOPD. PARSLEY
AND CRUMBLD CRISP
BACON - SERVE WITH
B READ
RUSSEL SPROUTS
EER

US GOREMAYS CALL IT
"CARBONADES DE BOEUF
A LA FLAMANDE..."

YEAH? WHERE'S
THE REST OF
THE BEER?

Two's Company Chicken

16 Gin

If this recipe used juniper berries, nobody would make it. Because juniper berries are hard to find. The distillers buy a lot of them to make gin.

Gin is not fashionable in kitchens. But, if you learn to cook with it, you will always keep some on hand. It's good for rubbing backs, or cleaning false teeth, for thinning paint or anesthetizing flies. In cooking, it does a lot for almost any drab meat.

Something happens in the cooking and, instead of a tame domesticated bland chicken flavour, there comes a most aromatic smell, and the taste of wild game, like partridges that have been feeding all summer on berries.

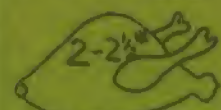
When you make the stuffing, just put in enough to make it stick together. And, the better the bread, the better the stuffing. Rye bread, or sourdough, or good crusty French bread, or even cooked rice.

It's all simple, which is just as well because most beginners with a bottle of gin tend to become a little confused after the second basting.

Try to get root ginger if you can. The flavour is much better than powdered. Most supermarkets sell it and it will keep in the fridge wrapped in a piece of foil until you want to cook some Chinese food.

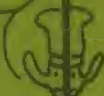
TWO'S COMPANY CHICKEN.

WIPE, RUB



2-2 1/2
WITH LEMON,
PEPPER & SALT.

IN
AND
OUT

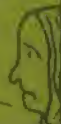


STUFFING

1 SLICE BREAD
1 MED. ONION CHOPPED
1/2 TSP. MARJORAM
1/2 TSP. TURMERIC
1/2 TSP. GRATED GINGER
PEEL OF 1/2 LEMON
(CHOPPED FINE)

MIX
WELL
WITH
GIN*

?



STUFF
IT

AND
STITCH IT

BACON WITH



TOOTH PICKS
AND INTO

OVEN
375°

NOW A SAUCE PAN

2oz gin - good tblsp. butter -
peel of 1/2 lemon chopped. Clove
garlic crushed. 2 chicken stock
cubes. 1 cup water. bit more gin.

BOIL 1 minute then baste
chicken.

ROAST 1 1/2 hours
baste every 15
minutes.

DUMP 1/2 * WHOLE ROASTING
MUSHROOMS IN A PAN
10 MIN. BEFORE READY

EAT WITH BROCCOLI AND BREAD OR RICE.

SPRINKLE
BROCCOLI
WITH LEMON
AND SALT
COOK 8 MIN

THICKEN
BASTINGS
WITH FLOUR
FOR SAUCE

DOES IT
TASTE LIKE
WILD
AMBLONGUS?

YES,
EXACTLY
I THINK

* NOTE: GIN IS AN ALCOHOLIC BEVERAGE * FREQUENTLY USED FOR THE RELIEF
OF COUGHS, COLDS AND INGROWING TOENAILS. SOMETIMES IT IS JUST DRUG

Curry

17

Cardomom seeds are little soft white fibrous shells which you open with your thumb nail and find inside half a dozen little hard black seeds. They must be crushed, either with a mortar and pestle, or set on a board and rolled with a beer bottle.

Beer is the only drink for a good curry, or, if you are feeling wealthy, gin and tonic. Tea is good too, but this curry is a party dish, a sharing dish, and is extremely economical. Six people can eat off one pound of meat, although there is nothing wrong with more if you feel like it.

I buy cheap imported lamb, which may look fat at the beginning, but don't worry. Two things will happen to the fat if you cook it gently and long enough. First of all, there will be chemical changes which firm it up and make it taste extremely sweet, and any excess will come to the top of the pot during the cooling overnight, and can be lifted off with a spoon.

Apart from cardomom seeds, the big secret in cooking curry is to fry the curry powder. It will go dark brown, and smell bright and fiercely bitter and clean out your sinuses and maybe make your eyes water. Very slow cooking is also essential. The man who showed me this recipe insisted that a curry was not a curry until you had slept with it, and in his restaurant there were indeed cooks curled up by their copper pots, large, two foot copper pots with small charcoal fires underneath.

I sometimes make a curry late at night, and let it simmer till breakfast. The meat may disintegrate, but it doesn't matter, the whole thing becomes a very rich, bitter-sweet, hot and delicious thick sauce to eat over rice. And it is infinitely extendable by the pretties you eat with it. Rice on a plate, curry on the rice, and goodies on the curry. None of this elegant dishing up, it is a nice, messy together dish, as complicated or as simple as you wish.

If you are going to fry bananas, don't get them too green. The ripest bananas are best. I usually buy the ones on special, that are just beginning to turn black. Peel them, cut them in half then lengthwise, so that each banana is four pieces. Fry them in butter both sides, till they are soft, lift them out of the pan to a dish, and dust them liberally with cinnamon. Highly addictive.

CURRY

1
S
A
S
E
R
-
O
U
T
S
C
U
N
G

① Fry 2-3 chopd onions transparent in oil or bacon fat with an inch of root ginger, grated or 1/4 tsp. powdered ginger.

② Fry a big handful raisins till plump and onion is light brown.

③ Add about 3 tspn curry powder and fry a minute till it smells FIERCE.

④ Add about 1 lb lamb in 1" pieces and fry all over.

⑤ Add 2-3 chopd tomatoes, 2 tblsp. fine shredded coconut, 1 tblspn molasses, 1 tspn oregano, 6 cloves, 1 bay leaf, garlic, 2 sliced apples, 1 lemon in quarters, 3 stalks chopd celery and [THIS IS THE SECRET YOU WILL HAVE TO BUY IT YOU WILL NOT REGRET IT.] 4 cardomom seeds, peeled and crushed.

⑥ 2 cubes soup stock in 1 cup water.

⑦ Simmer lid on 2-4 hrs

⑧ Cool overnight

⑨ Skim yellow fat.

⑩ Heat and add

4oz yoghurt.

⑪ EAT ON RICE WITH ANY OR

Chopd hard-boiled egg.

Crushed roasted peanuts (Shell first)

Fried bananas. (Split lengthwise fry in butter, dust with cinnamon)

Chutney or peach jam.

Fine grated coconut

BEER BEER
BEER BEER

I HAVE NOTHING TO SAY

ALL OF THESE

Fried Rice

18 Fried Rice seems to have become an afterthought in North America. "Sweet and Sour Spare Ribs . . . Chow Mein . . . some prawns . . . and some rice . . . no make that Fried Rice . . . how long will it be?"

And it shouldn't be. This recipe is very close to a Javanese dish called Nasi Goreng, and it is a meal unto itself, an extremely attractive dish of bright colours and exotic taste which is simple to make and can be as imaginative as your pocket will allow.

Always, when you cook rice, cook too much, and keep what you don't eat covered in the fridge. So the first thing you had better learn to do is cook rice properly. Have nothing to do with instant rice, it has neither taste nor substance. Brown rice has a tendency to get soggy in fried dishes, and I always use long grain white rice for this particular dish, mainly because it looks so pretty.

One cup of rice, two cups of water, and a pinch of salt. Put it in the heaviest pot you have, bring it quickly to the boil with the cover off, put the lid on tight and forget it for twenty minutes with the heat as low as you can get it. An asbestos pad under the pot helps keep the heat down. Don't touch it, don't stir it, don't worry or peek, just leave it while you do yesterday's dishes. It will be light and fluffy with the grains all separate.

Mushrooms, green peppers, celery all sliced thin, small pieces of broccoli, or leeks, almost any vegetable except potatoes are good as an addition to fried rice. Leftover pork, or beef, or chicken or turkey are all good in thin slivers, and canned lunch meat, or Chinese sausage — this is a cook's dish which just happens while you stand and talk.

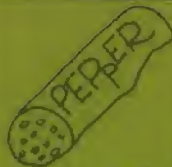
The turmeric is a spice which you should be adventurous with. Keep turning the rice over as you add it. Don't stir, get

your spoon or whatever underneath it, down at the bottom of the pan, and turn it over with a little care. And take it easy on the soy sauce until you have really tasted the turmeric.

Quicker to make than waiting for Chinese food to be delivered.

FRIED RICE

CHOP FINE 2 MEDIUM
ONIONS WITH LOTS
OF PEPPER. LOTS.



THERE'S
NOTHING
LIKE A
GOOD
CRY



AND FRY
TRANSPARENT
IN 2 TBLSPN OIL
OR BACON FAT
OR A BIT OF CHOPPED
FAT BACON....
MEDIUM HEAT

DUMP IN ONE CAN
DICED SPAM OR
A HANDFUL OF DICED
TURKEY OR LEFTOVER
PORK. AND/OR
SHRIMP AND FRY
A BIT MORE.
WITH GARLIC

NOW: 2 or 3 big
cups of cold cooked
rice from yesterday.
TURN IT OVER ^{AND} OVER
until each grain is
separate and coated.
Now the secret:
enough TURMERIC to
make it bright yellow.
(Keep turning)

THIS IS GOING
TO BE PRETTY.

NOW: A FEW THIN
SLICED MUSHROOMS
AND A FEW GREEN
PEAS.

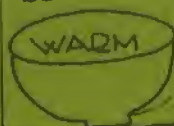
5 MINUTES
MORE



SLICE
INTO
1/2 SLICES
AND DECORATE
THE BOWL



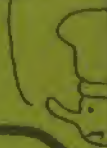
KEEP
WARM
IN A
BOWL



WHILE YOU

BEAT
ONE EGG
WITH 2 TBSP
WATER AND
FRY FIRM

LIKE AN
OMLETTE



SPRINKLE
CHOPPED
GREEN
ONIONS



REAL
PRETTY

EAT WITH
MODESTY AND
INSoucIANCE.....

WOULD SOY
SAUCE BE OKAY?



Saumon à l'Orange

19

This has to be one of the easiest and most pleasant ways to cook salmon. There's not even a cooking pan to wash.

Get salmon as thick as you can and as fresh as you can. And get a good dry vermouth. (I use Cazapras.) And remember that this fish is intended to be undercooked. Reduce the cooking time each time you do it, and see how much nicer undercooked fish is. And get the oven hot. Really hot.

Now, come home with the fish, put it to marinate in the vermouth (use enough — don't float it but let it soak in). That's all you do, just put it in a plate and forget it. And if you haven't yet discovered dry vermouth on the rocks now is the time. A glass, two ice cubes, two or three ounces of vermouth, and a slice of squeezed lemon peel. Sit down. Forget it. Dinner will be one hour and seven minutes. Talk to him, or her. Put your feet up, and if anybody asks you to do anything tell them you're busy — cooking dinner.

You can put the rice on half an hour before the fish is ready. Throw a few dried onion flakes in for a change, and a good knob of butter, or some fine chopped green onions, or some peas five minutes before it's cooked. Or put turmeric with it to make it pretty. This salmon needs something more than just rice. By this time you need some more vermouth in your glass, while you turn the salmon. Turn it a couple of times during the hour. That's not too hard, is it?

When you're ready, put each salmon steak on a sheet of foil. Sprinkle salt, quite a lot of dill and a big lump of butter. Now wrap it up. Get the edges all together and crimped and rolled over. Make it tight. And put it in the oven. If the oven is hot enough, no steak needs more than seven minutes. I have cooked whole fishes (five pounds) in less than twenty. Put it in, shut the oven door, and tip the vermouth from the marinade into a heavy saucepan. Grate, for each two people, the outer, coloured skin of

an orange. Which, you may be delighted to know, is called the "zest". Make sure the orange peel is fine. If your grater is very coarse, then chop it a bit before using. Put it in the pan with the vermouth, and immediately the seven minutes is up pull out the packets of fish (use a glove), open one end of each, and pour the juices into the pan. Boil it on high heat for a minute or two. It will reduce quite noticeably. Meanwhile you are putting rice and things on plates, opening the packets of fish and looking smug.

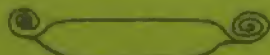
Pour the sauce over the fish, and eat it.

SAUMON A L'ORANGE

④ CRIMP ENDS



AND



ROLL TIGHT

⑧ NOW—QUICK
(THE 7 MINUTES IS UP)
JUICES FROM FOIL
ORANGE PEEL
VERMOUTH
FROM PLATE

BOIL 2 MINS.

①



THAT'S A
PLATE, MORE

OH
REALLY

② SIT SALMON



ONE HOUR

⑥

FOR
7
MINUTES

NO
MORE

⑤ HOT OVEN HOT
OVEN HOT OVEN
550° 550° 550°
WHICH IS REALLY
HOT HOT HOT HOT
550° 550° 550°
OVEN HOT OVEN
HOT OVEN HOT

⑨ FISH ON PLATE



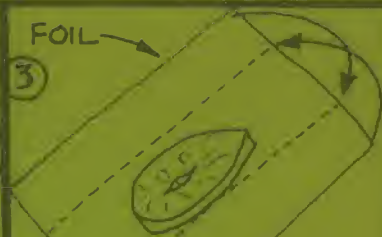
AND
SAUCE ON FISH

⑩

WITH RICE AND ASPARAGUS
OR NEW POTATOES AND PEAS

FOIL

③



SPRINKLE OF SALT
LUMP OF BUTTER
¼ TSP. DILL WEED.

MEANWHILE..... ⑦

GRATE



THE
OUTSIDE
OFF OF
AN
ORANGE

Sooper Stu

20 Boeuf Catalan is an adaptation of a really magnificent Spanish stew. Preparation takes about fifteen minutes, after which you just leave it to cook. It is a weekend stew, something to make, put to cook, and forget about until you come home.

Just set the oven to its lowest setting, just under 200 degrees if you can, and certainly not above. The house will smell nice, and it is pleasant to come home after a movie, or skiing, or a walk in the rain.

For economy's sake, you can use dry cider instead of the wine and brandy, but the nutmeg and molasses are essential.

A pound and a half of stewing beef costs about two dollars, and will feed four. Buy cheap bacon scraps — most of today's bacon is fat anyway, and all you want is the flavour.

Cooking at this low temperature also lets you cook overnight while you sleep. Then take it out of the oven, put in the refrigerator, and reheat whenever you need it.

Reheating is best done in a 350-degree oven for twenty minutes or so — not on the top of the stove, where the bottom will burn unless you stir it, and stirring will turn it into mush.

This way, it is an attractive dish. Another advantage of low temperature cooking is that you can use any saucepan, even one with a plastic handle, because nothing burns. The meat won't shrink, and the wine won't evaporate — you get all you bought on your plate.

After you have made it the first time, you will be a stew cook, able to go anywhere in the world and be welcome. There are

as many different stews as there are cooks, and don't let anybody tell you different. Be inventive. The only rule is not to boil or overheat.

If you like your stews thicker (this one is what the French call a knife-and-fork soup) pour off most of the gravy and thicken it by stirring in a couple of tablespoons of flour smooth in a little water. (Use a fork.) Boil it till it thickens, then pour it back on the stew.

Thick or thin, eat it with plain boiled potatoes and some nice people.

SCOOPER STOO

BUILD IT LIKE
THE PICTURE-TIGHT

TOMATOES

CARROTS

SLICED ONION

STEW BEEF

AND MUSHROOMS

SLICED ONION

CHEAP FAT BACON

AND

1 CLOVE GARLIC

½ TSPN NUTMEG

1 BAY LEAF

1 TSPN BOUQUET
GARNI

OR
1 TSPN OREGANO

HEAT ON TOP OF STOVE TILL BACON SMELLS GOOD -

ADD RED
WINE TO
HERE PLUS
1 OZ BRANDY
1 TBLSPN
MOLASSES

BRING TO SIMMER
PUT LID ON AND
COOK 5 to 8 HOURS
IN OVEN AT

200°

THAT'S A LONG
TIME TO STAY
IN THE BATH



CALL IT

BOEUF
CATALAN

YOU WILL
BE
AMAZED

Go Greek for Ten Dollars

21

Kids in the Middle East eat more tahini than North American kids eat peanut butter. It's a great sauce for chicken, with soda and a little garlic and maybe some lemon or a little grated ginger, and it's good for fish with white wine, but the nicest and simplest way of eating tahini is simply mixed with yogurt into a stiffish dip.

Tahini is ground sesame seeds. It is sold in most Greek stores and occasional Jewish delicatessens, in cans or in jars, and usually, by the time it gets off the shelf, the oil has separated and come to the top. So mix it with a fork.

Take about four good tablespoonfuls, chop a clove of garlic very fine, and mix it all together with the juice of a lemon. As you add the juice, it will get thick. Don't worry. Now add plain yogurt, a spoonful at a time, mixing it well, until you have a smooth, not too sloppy, dip-consistency bowlful.

Get a loaf of Greek bread, put the tahini in the best looking clay bowl you can find, and pull lumps of the bread. Pick up lots of tahini on the bread and eat it. It will stick to your teeth, which develops

the need for retsina. So have a bottle open, and very cold, but don't put it in fancy, pretty little glasses. Drink it in big mouthfuls. After the first shock, you will love it or hate it. If you don't love it, you'd better go back to peanut butter.

Retsina is just about the worst wine in the world. The first mouthful tastes like paint remover. The second is something else. For some peculiar reason, it is almost hangover-free — which is worth remembering as it is so cheap and goes down so easily. The Greeks used to ship it in barrels of very new, very resinous cypress. At that time it was wine, still very bad wine, but recognizably wine when it started. But by the time it got to wherever it was going, the only taste left was the cypress resin. And people began to recognize it that way, and to like it. So that when it began to be shipped in bottles, they had to add resin to keep the flavour going. It comes in large, 34-ounce bottles for about \$4.

Light the candle (I say candle because I buy altar candles from religious supply stores — you get a two-foot one of simple white wax for about \$2.50 and it will burn for two or three days). And leave

your guests to get on with things while you finish the rest.

Slice some tomatoes (the ripest you can find). Put them on a plate with olive oil, a good sprinkling of salt, and lots of fresh ground oregano. Lots. Then another layer and more of everything. Put it in the fridge for an hour or half an hour. Cut up feta into half-inch cubes, open a can or two of anchovies, cut a green pepper into thin slivers, and cut some green onions into one-inch lengths.

When you are ready, take the tomatoes out of the refrigerator, decorate them with the anchovies etc., and pour the oil from the anchovies over all. Forks if you must, but fingers are much better. I hope to get Colonel Sanders to try it, then he'll know what finger-lickin' good really means.

One thing more. Get olives, black ones, loose, not canned ones, oily and ripe, and put them with the tomatoes. You will probably need another loaf of bread.

In all: \$4 for the wine, 50 cents for bread, \$2 for feta, \$1 for anchovies, \$1.25 for olives, 25 cents for onions.

go greek
for
\$10

Open a
bottle of
Retsina
and sip it



While you slice
Tomatoes.
Sprinkle with
salt and ground
oregano.
Place in frig.

drink some
more Retsina
1/2 hour later
garnish with
cubes of FETA



anchovies...
thin slivers of
green pepper...
and green onions
in 1" lengths



more Retsina
while you make..



TAHINI

3tbsp. Sesame
paste. 1 clove
chopped garlic
juice of a
lemon

These ingredients
thicken as they
are mixed. Add
yogurt until
dipping consistency

EAT WITH
Greek bread
fingers and
more Retsina

preferably
by
candlelight



Fied Frish

2 22

Any fool can fry fish.

But frying is different. It is an old Japanese custom smuggled out of this country by a beautiful geisha girl who secretly fell in love with a drunken Irish sailor who, until he met her, ate nothing but chips and tomato ketchup.

They settled down in one of the rare temperance districts of Ireland, where alcohol was purchased purely for medicinal purposes. The geisha girl, who could not abide tomato ketchup or french fries, agreed to modify the recipe to include beer, if her sailor would give up potatoes with his dinner.

The end result, fish with all kinds of vegetables, is delightful, a balanced meal which at one time gets the kids their vitamins and their father a case of beer. The improved diet so inspired the sailor

that he became ambitious, emigrated to Canada, and exchanged the recipe for a left-handed screwdriver in order to go into business for himself.

The Japanese call this way of cooking Tempura. They cook prawns, and all kinds of fishes, and asparagus and green beans, and thin slices of sweet potato, and carrot sticks, mushrooms, cauliflower, broccoli, and best of all, celery tops.

The batter is extremely thin, without any of the soggy goo that packages most of the commercial fish. It almost looks as though there is not enough batter on the fish, but don't worry, let it drip off, fry it quickly (somewhere between 350 and 400 degrees) or with the oil hot enough to brown a half inch cube of bread in half a minute.

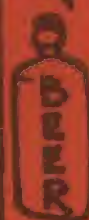
I use sunflower seed oil, which is cheap and hardly smells at all. Ling cod is cheap, whole smelts are nice cooked any way, and everything is very pleasant eaten at once, sprinkled with a little lemon and garnished with fresh parsley.

You don't need any fancy equipment, just a saucepan, and the only important thing to remember is not to put too many pieces in at once, so that the oil doesn't cook too quickly.



ONE EGG
ONE CUP FLOUR
ONE TEASPOON SALT
ONE TEASPOON OIL
ONE TEASPOON BAKING POWDER
TWO TABLESPOONS CORNSTARCH
DASH OF PEPPER

AND



A WHOLE
BOTTLE?



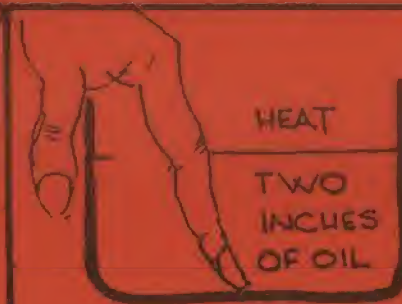
YEAH
I'NDDED



WOW!



OR WITH A FORK



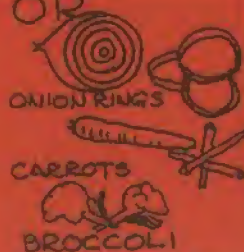
IN AN
ORDINARY
SAUCEPAN



SAME WAY FOR

FRY
LIGHT
BROWN

NOT JUST
GOLDEN



ONION RINGS

CARROTS

BROCCOLI

OR

OR



SPLIT MUSH
ROOMS
AND SLICED
GREEN PEPPERS



Slightly Pretentious Pork Chops

When you are in a hurry to go home to eat. This is a very simple, very easy and very satisfying dish that gives you at least half an hour to sit and reflect upon the injustices the world has this day wrought upon you. It is another frying pan dish, which needs a lid.

The ingredients are in most corner stores, so, even at midnight, if you want to cook, you can do it. — if you have wine.

And, if you haven't, use apple juice. It will taste different. Not better, not worse (there are no absolutes in the vocabulary of a good cook) but just different.

Fresh pork is best but, even if the only chops you can get are frozen, no matter — do just as the recipe says. But rub the paste well in with your fingers. Really rub it in. Don't lick your fingers — the sauce is pretty fierce until it is cooked.

If you like less pork and mustard flavour, you might like to try something really pretentious, which is almost as easy. It is called *Pork Chops à l'Auberge du Grand Saint Pierre* and involves the same pork chops (trimmed the same) and then gently fried (medium heat) in oil and butter, after rubbing in a little pepper and salt.

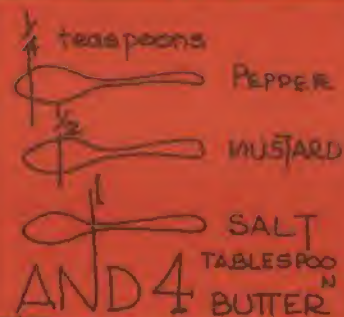
Now make a paste of finely grated Gruyère cheese (about a quarter of a pound), two teaspoonfuls of mustard and enough whipping cream to make it all smooth. Spread it thickly on the chops, and put it under the broiler until the sauce is golden.

And, if you want to be Portuguese, or pretty close, sauté the outside of the chops, and dump a can of tomatoes and a bay leaf in the pan with them.

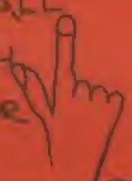
Let it all happen. Then maybe some onions and a little cherry, for about an hour. And, if you are going to be really Portuguese, leave all the fat on. Don't trim it at all.

This dish, with tomatoes, is almost infinitely expandable so that, if the smell leaks down the hall, and your friends stop by, just throw in some potatoes and another onion, and a bit more pepper and salt, and another bay leaf. If you haven't trimmed the pork, there will be flavour enough for ten.

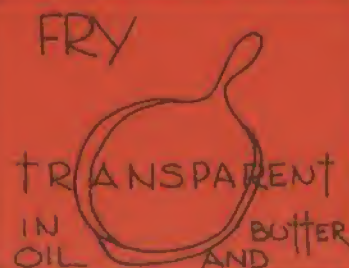
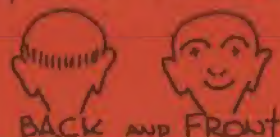
SLIGHTLY
PRETENTIOUS
PORK CHOPS



MIX IT ALL
SMOOTH
WITH YOUR
FINGER
OR A SPOON OR
EVEN YOUR ELBOW



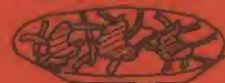
AND
S-D-R-E-A-D
IT ON THE CHOPS



THEN THE PORK
CHOPS - SAME
PAN GOLDEN BROWN
BOTH SIDES.
ADD $\frac{1}{4}$ OF THE
WINE AND....

45 minutes
LID ON
SIMMER

SPRINKLE WITH
CHOPPED PARSLEY



GOOD WITH
NOODLES



The Best Fried Chicken in the World

24

One not-too-distant day it will appear on the television screens and the supermarket shelves, in the papers and the magazines, anywhere that a million dollars can buy advertising. And a million can-opening cooks will buy it and, like all can-opening cooks, be disappointed without knowing why.

"SOUL," it will be called, "just add a pinch to everything." There will be a picture of a smiling lady, and some smiling children, and perhaps a smiling man. Probably with Colonel Whator beaming from a background of smiling black faces.

This recipe came to me from a smiling black lady in the middle of New York. But she was careful to point out that soul isn't the monopoly of any colour or race and it doesn't come out of a bottle or packet. "It's sharing what there is with who there is." Princess Pamela has since written a cookbook but, long before that,

when I was child and had no money, she fed me fried chicken, gave me wings, and told me the recipe.

She had a little restaurant that seated sixteen. And she cooked in a kitchen the size of a broom closet, without fancy pots or thermostats — not even a fan. She measured things with the palm of her hand — a little palmful was a teaspoon, a big one a tablespoon. She fried in a big old pan with two or three inches of oil in it, and she always had the plates hot. And when she felt like it, she would sit down and talk to the customers.

You can cook this fried chicken on a two-burner hotplate with one saucepan — make the sauce first, then wipe it out and make the chicken. Strain the oil when it's cold through an old nylon stocking, and put it in a jar ready for the next time around.

If you want to cook for a lot of people, use a big roaster pan with two or three

inches of oil in it, put the chicken in pieces by piece so that the oil doesn't get too cool, and keep it warm in a low oven with the plates.

There's nothing else to say about this fried chicken except that it really is finger-licking good.

THE BEST FRIED CHICKEN IN THE WORLD

ONE
EGG
BEAT
LIGHTLY

$\frac{1}{2}$ CUP
MILK

IN ONE
BOWL

1 CUP FLOUR - $\frac{1}{2}$ TSPN SALT
 $\frac{1}{4}$ CUP YELLOW CORNMEAL
 $\frac{1}{2}$ TSPN BAKING POWDER
DASH OF PEPPER
PAPRIKA

MIX
WELL

IN
ANOTHER
BOWL

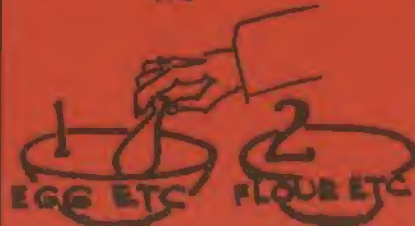


NOW SAUCE BEEOOTIFUL

HALF CAN PEACHES
JUICE OF A LEMON
HALF CUP WATER
3 TBLSPN BROWN SUG
1 TBLSPN BUTTER
1 TBLSPN OIL
1 TBLSPN VINEGAR
HALF TEASPN PAPRIKA
SALT AND CAYENNE
TO TASTE

JUST HEAT TILL IT'S THICK

DIP THE CHICKEN
IN



AND FRY
GOLDEN BROWN



Hot Biscuits in a Hurry

25 Nothing looks more competent in a kitchen than baking. And there is nothing more rewarding for so little effort. A bit of flour, a bit of baking powder, a bowl, some fat and some milk, five minutes messing, fifteen minutes in the oven and there it is, hot and indigestible and a statement of love.

If you are going to graduate to bread, start with biscuits. You can be impressive at breakfast with them (or even more impressive in bed), very grandmotherly at teatime by the fire, and extremely economical at supper time with a poor man's soup and a basket full of hot biscuits.

When you take them out of the oven put a cloth in the bottom of a bowl, then the biscuits, then wrap the ends of the cloth over to keep them warm.

And if it's two o'clock in the morning and you're hungry, try this instead of sending out for a pizza.

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
 $\frac{1}{2}$ cup milk
4 tablespoons shortening,
or cooking oil (not olive)
or butter

Mix all the dry things, pour in most of the milk, and make a stiff dough. Some flours take more milk than others. Knead it a little on a floured board (any flat surface dusted with flour will do), roll it out, or pat it with your floury hand, anything to get it about $\frac{1}{4}$ " thick. Cut it into rounds and bake 15 minutes at 425 degrees.

If you want to be really clever, mix in a good handful of chopped or grated cheese and a sprinkle of cayenne just before you knead it.

If there are any left over, toast them for breakfast.

FOR SUNDAY
TEA

OR WITH
FRIED
CHICKEN

OR
STOCK

VERY
EASY

AND
FATTENING



MIX DRY: 2 CUPS FLOUR / ADD
1 TEASPN SALT
1 TEASPN BAKING POWDER
1/2 TEASPN BAKING SODA
THEN → ONE CUP SOUR CREAM

HOT BISCUITS IN A HURRY

STIR IT
TO SOFT
DOUGH

OR USE
YOUR FINGERS

PAT OUT
ON FLOURED
BOARD TO
3/4" THICK

CUT INTO
ROUNDS

WITH A GLASS

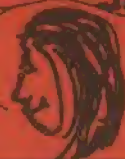
BAKE 425°
15 MINUTES
ON GREASED
FLAT ANYTHING

EAT
IMMEDIATELY
AND
GLUTTONOUSLY
WITH LOTS
OF BUTTER.



OR HONEY

OR RASPBERRY
JAM



WHAT'S
WRONG
WITH
MAPLE
SYRUP?

WARNING: HIGHLY ADDICTIVE. PRODUCES TORPOR, LASSITUDE, FATNESS
AND HAPPINESS. PLUS UNEXPECTED VISITORS.

Quiche aux Fruits de Mer

- 26 Everybody should have one special party piece, something that's easy and not too complicated, and can be eaten hot or cold, and which is almost foolproof.

Quiche is just about all of these. It is luxurious, expensive, good hot, even better cold, and it can be used either as a special start to an otherwise simple meal (that way you get eight servings out of this recipe) or as a main course with consomme (four people) or as a really glutinous late-night self-indulgence for two.

And it's flexible. Canned lobster is not quite as good as fresh, but crab can be used if you get some nice big chunks.

All you really have to learn is the simplicity of making pastry. Be quick and be gentle; don't keep mashing it about with hot sticky hands. Then wrap it up and let it open for at least half an hour. When it comes out of the fridge it may be just a little difficult to work, so let it sit for a while until it's easier.

The business of the beans or rice is called baking "blind." The beans are

just to keep the bottom down and stop the sides falling in and the fifteen minutes baking is to stop the bottom from getting soggy. If you're really desperate to be proper cut a piece of foil to fit the bottom of the pastry and then put the beans on that. But take it out before you make the final baking.

QUICHE AUX FRUITS de MER



- ① PÂTE BRISÉE. (a very fancy name for pastry) • 8oz (1 cup) plain flour
SIEVE (OR JUST FLUFF WITH A FORK) TOGETHER •

level tspn fine sugar
good pinch of salt

NOW: { QUICKLY
(SORT OF TICKLE IT) GENTLY
LIGHTLY }

WITH YOUR
FINGERTIPS RUB IN
5oz BUTTER IN
1/4" PIECES TILL IT
LOOKS LIKE OATMEAL.

ADD ABOUT 2 TBLSP
COLD WATER.
ROLL INTO A BALL
WRAP IN WAXED PAPER
PUT IN FRIDGE 1/2 HR.

② QUICHE FILLING.

BEAT A LITTLE FROTHY

1/4 PINT WHIPPING CREAM
1/4 PINT MILK . 4 EGGS
1/4 PINT CLAM BROTH

③ HALF AN HOUR LATER

ROLL OUT DOUGH ON
FLOURED BOARD, ENOUGH
TO LINE A 9" PIE TIN.

PRICK BOTTOM ALL OVER
WITH A FORK . FILL WITH
DRY BEANS OR RICE.
BAKE 15 MINS 450°

④ OVEN TO 325°

ARRANGE 1/4"
SHRIMP AND AS MUCH
LOBSTER AS YOU
CAN AFFORD ON
PASTRY. POUR
QUICHE MIXTURE
IN.

BAKE 40 MINUTES 325°

10,486.357 CALORIES

TIP BEANS
BACK
INTO JAR

Lamb and Anchovies

27 This sounds completely ridiculous, I know. But just try it. Don't worry if you don't like anchovies, by the time they are cooked they taste totally different. And don't fall back on the usual "I hate lamb." This method will resurrect just about any old piece of mutton, but if you are careful and get a really nice piece of fresh local lamb from the butcher it is a dish which you can make very easily, and delight whoever you happen to have for dinner. About three and a half pounds is the best size for four people. It will all get eaten, hot, and the flavour is completely delightful.

If you want to throw half a dozen medium-sized, peeled, whole onions

into the pan an hour before it's cooked, that's nice. Then pour off the fat and make a little gravy. That's nice too. But nicest of all in lamb time is the zucchini time.

How to cook zucchini? Try this. Get nice firm, good green zucchini. Slice them, unpeeled, into half-inch slices. Put a tablespoonful olive oil in your heaviest lidded saucepan, heat it medium till it's just short of smoking, and dump in the slices of zucchini with a clove of chopped garlic. Slop them about a bit for three or four minutes until they start to cook, and while that is happening squeeze the juice of half a lemon (or more next time) over everything. Turn the

heat down to simmer, put the lid on and leave it all for ten or fifteen minutes. Oh, yes, and a little salt, and some people like a little pepper. Serve it in a dish with all the juice.

And, if you want a quick dessert, just sprinkle a little instant coffee, a little cocoa powder on vanilla ice cream, and pour ordinary whiskey over it. Carefully. This cuts the working time for a complete dinner down to something like twenty minutes.

LAMB AND ANCHOVIES



RIDICULOUS

I HATE
LAMB

OKAY/
WAIT
AND
SEE

GET A FAT LAMB
ROAST, BONE IN.



I LIKE
LOINS

LARGE CLOVE
CHOPPED GARLIC
AND
SMALL CAN ANCHOVY
FILLETS, OIL AND
ALL.

SMOOOTH IT-
WOODEN SPOON

ADD
TWO
TBLSFN
BROWN
SUGAR.
MAKE
SMOOTHER.

CRISS-CROSS FAT



SHARP
KNIFE.

SPREAD
ANCHOVY
GUCK. PUSH
IT INTO THE
CRISSCROSSES
AND ALL OVER.

HEAT 3 TBLSFN FAT
IN 400° OVEN TO
SIZZLING.
QUICK THE ROAST IN.
BASTE AFTER 5, 10
AND 20 MINUTES.

OVEN TO 350°
COOK A BIT
LESS THAN
30 MIN / LB

ITS THE ONLY
WAY TO GO



ESPECIALLY
WITH
ZUCCHINI.

Shepherd's Pie

28

This is a real idiot's recipe for the completely non-cook who wants to make a fad somewhere. It is impossible not to make this well, and everybody loves it — the young, the toothless and the in-betweeners, the cat and the girl in the next apartment. Everybody except the dog, because there never seems to be enough left for him. It's a social dish, two plates and two forks, and it's real cooking, home cooking.

In England, it is a Wednesday dish: hot roast on Sunday, cold on Monday (washing day), corned meat on Tuesday and

what's left over, ground up, on Shepherd's pie on Wednesday. But it is much better made with fresh ground meat. It makes its own gravy, the top is crisp and brown and, if you are in a hurry or it isn't early summer when the fresh ones come, frozen ones are just great.

Try the peas this way: Two tablespoons butter in a saucepan, two tablespoons water. Half a teaspoon sugar, and a sprinkling of mint (fresh if it's available). Half a teaspoon salt. Heat, boil it about for three or four minutes.

SHEPHERD'S PIE

BUT I DON'T
LIKE SHEPHERDS...

(SHUT UP AND TURN ON)

?

THE OVEN 125°



COOK, LID ON
IN BOILING
SALTED WATER
TILL TENDER
(25-30 MIN)

DRAIN AND
MASH WITH
PEPPER AND
4oz BUTTER

CHOP AND

FRY 3 MED.
ONIONS
TRANSPARENT
IN 2 TBLSPN
OIL.

GRATE IN
ONE BIG
CARROT.

ADD 1 1/2

GROUND
BEEF (FOR 5)

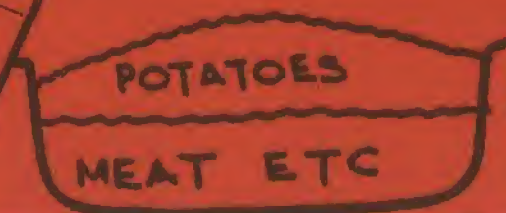
FRY ALL
TOGETHER
WITH

1 1/2 TSP.

ROSEMARY

TURN IT OVER
A LOT, JUST
COOK TILL
THE MEAT
SEPARATES

BUTTER A CASSEROLE
ADD 1 TSP SALT, 2 TSP
WORCESTERSHIRE SAUCE TO
MEAT AND STUFF. NOW DO THIS



DOT TOP WITH
BUTTER, BAKE IN
OVEN 15-20 MINS,
TILL LIGHT BROWN.

ALRIGHT SHEPHERDS
ARE OKAY BUT I
WOULDN'T WANT MY
SISTER TO MARRY
ONE....

VERY GOOD, REALLY EASY, EAT WITH PEAS.

Almost Bisque

29

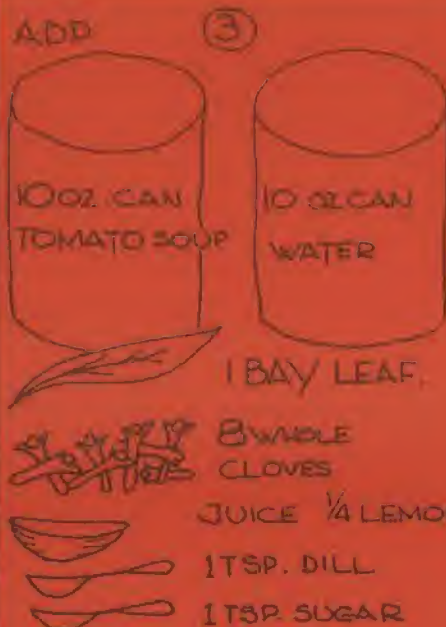
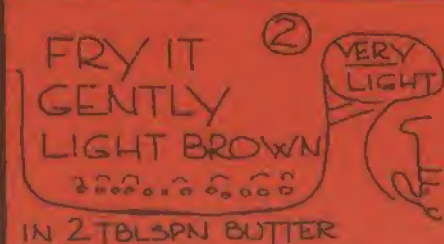
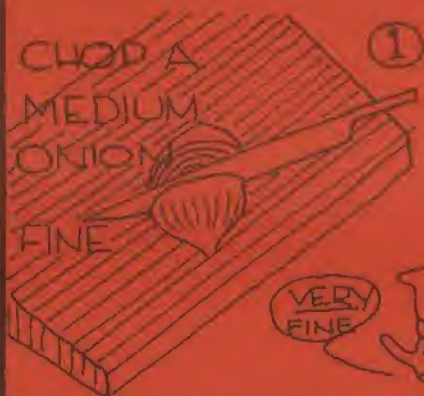
Let's be modest about this. Let's just say that it's the most luxurious, lathering, smooth, interesting, subtly sophisticated soup anybody can make in half an hour armed only with a can opener.

I discovered it late one night when a friend arrived unhappy. We made it while we talked.

Keep the heat down while you fry the onions, and keep it down while you simmer it all. The cloves, after twenty minutes, are just letting go their oil, which makes the flavour. Don't put too much sherry in, and don't let the onion get in any way crisp. This is a smooth soup.

If you can plan ahead, and get fresh crab and cream, and some French bread, and a bottle of dry white wine, and a candle, and a bunch of daffodils, then you have a most elegant lunch in the pot. Otherwise, this is an incredibly simple thing for late nights, for friends getting over the flu, for the day the mailman didn't come, or the end of a love affair. Smoothly.

ALMOST BISQUE



DASH OF PEPPER
2 PINCHES SALT

SIMMMER 10 MINUTES, LID ON.
ADD 2 OZ DRY SHERRY
OR 1 OZ BRANDY. SIMMMER
10 MIN. MORE. LID ON.

④ FORK OUT CLOVES
AND BAY LEAF.



⑤ ADD SMALL CAN
OF CRAB MASHED
WITH A FORK. SIMMER
5 MIN.

OR 1/4 LB
FRESH

⑥ ADD 1/3 CUP
CANNED MILK
OR
WHIPPING CREAM.

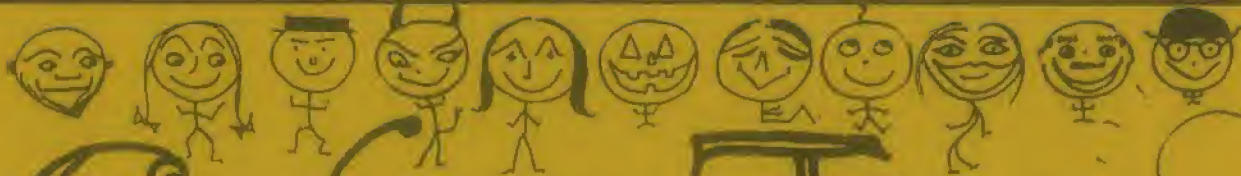


Ginger Tea

- 30 This needs friends, and a candle too if nice, and a good dinner first or great, and wine is always wine.


For each person: A mugful of water, an inch or so of fresh green ginger, grated coarse into the saucepan, two heaped teaspoons brown sugar (or a bit more honey), and half a lemon (peel and all). Boil (lid on) ten to fifteen minutes.

Pour (strained — just hold back the shreds with something) into mugs and drink as hot as you can. The first sip liberates your taste buds (the Japanese do the same thing with sliced ginger for sushi), the second (which should be a good mouthful) clears your head, and half way through the cup you should get off — nice and warm and loose.



GINGER TEA

MAKES FRIENDS



AND IT
GETS
YOU OFF

AND IT
MAKES
THEM
HAPPY

AND IT'S
LEGAL



Avoglimono

31

Avoglimono is one of the smoothest, most delightful, and most surprising little soups I know. It is a little soup, not a great knife and fork effort or a cream soup with extra pans to wash, but just a simple little soup that tastes great, is elegant enough for anybody's dinner table, and gentle enough to be much appreciated during or after the flu.

Once you know how to make it you'll be able to do it with your eyes closed.

1. Hot chicken soup. I make my own, but cubes will work almost as well.
2. One egg for two people. Beat it well, until it's frothy and light.
3. Half a lemon per egg. Squeeze the juice very slowly, drop by drop, into the egg. Keep beating.
4. Have bowls ready. Pour the egg lemon mixture into the soup. Keep beating. Don't boil it, just put it in and keep beating for thirty seconds. Take it off the stove, and serve.

It's a lovely colour, very good on a fall day.

Now, the serious business of chicken stock. I buy chicken feet in Chinatown on Saturday mornings. Or I buy chicken necks and backs at the butcher shop. All of which are very cheap. Take them home, dump them in a big pot, and cover with water. A veal knuckle is nice too, but it isn't essential. Put in a couple of onions, and carrots, and a stick or two of celery. A bay leaf and just a pinch of salt. You can add more salt when things are done, but just a little right now does things for the vegetable flavours. Bring it to a boil, and turn heat down to simmer. Five minutes later, skim it with a spoon. If you get all the foam off the top the final stock will be clear.

Put the lid on tight, and simmer for a long time. I let mine do it all night and get up in the morning to memories of my grandmother. Strain it, and put it in jars, and use it for lots of things. Throw away the vegetables, and if you want a nice, messy job take the meat off the chicken necks with your fingers.

Some fresh vegetables, sliced fine, some of the stock, a little salt and pepper and fifteen minutes cooking will make a good lunch with fresh bread.

The stock will jell in the fridge. Use it as you would soup cubes, for Chinese food, stews, for cooking cabbage and peas, for making spaghetti sauce, or borscht.

Avoglim

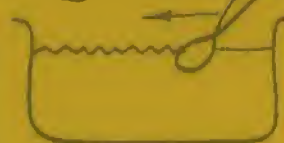
you CAN use soup cubes
BUT real chicken stock
is BETTER
and all your friends

will LOVE
you.


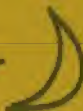
chicken feet or backs
or necks.



bring to boil




and,....
SKIM

simmer
all day 
or  all night



Strain

Jars

in the fridge





Now!

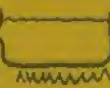


beat
one
egg
per
two
people
FROTHY

SQUEEEZE



add juice 
drop 
by 
drop 
still beating.

heat
stock 
SALT TO TASTE
stir in
lemon/egg and

SERVE
IMMEDIATELY

Avoglimon

Eight Hour Chicken

32 Forget all the brainwashing about high temperatures, about 450 degrees for an hour then exactly 400 for twenty minutes. And at the same time forget all about the expensive cuts of meat, except for very special occasions. Forget also about TV dinners, or hurried hamburgers. Just get up, put the chicken in the oven, and forget about it. If your oven will set at lower than 200 degrees, then set it there, somewhere around 175 if you can, and then forget it for even longer.

You can, at the same time forget all about cleaning the oven, because with low temperature cooking there is no fat splashing around, just a gentle, warm comfortable happening.

Try it first with a cheap chicken. Come home, put some rice or potatoes on the fire. Put a few instant onions or chopped onions in with the rice if you like, and a little bit of butter, and five minutes before it is cooked a few frozen peas. Sprinkle a little curry powder on the rice, and there's dinner, the inside of the chicken filled with juice which also is

nice on the rice, and the meat moist and tender. Some ovens turn the skin into a brittle, parchment-like affair which you just discard, others get it brown and crispy.

Sometimes I cover the pan loosely (just lay it on) with foil and sometimes I just leave things as they are. The most successful meal I have ever cooked this way was one evening or early morning when I came home drunk, got into bed, and remembered I had guests coming for lunch. I crawled out of bed, pulled the chicken out of the fridge, and managed, at the third attempt, to get it into the frying pan. And the frying pan, at the fourth attempt, into the oven. There it lay, until my guests woke me next day. They were very smug, but not half as smug as I was when twenty minutes after they arrived they were sitting down to roast chicken.

This is a technique which will teach you to cook. You make your own mind up about what you like best, make notes, and almost anything you do will be right.

Eight hours, ten hours, it doesn't really matter.

Try it with cheap frozen lamb rubbed with oregano and garlic. Get a cheap roast of pork and treat it to lots of basil and a little pepper and salt. Get a cross rib roast, massage it with garlic and pepper and salt. Get an old duck, or a real monster of an old goose which has to be cheap, poke an onion or two inside and maybe an orange. Forget it. Don't worry. Write a book. Teach yourself to crochet. Join Men's Lib.

But forget the dinner until you are ready.

8-HOUR

CHICKEN

RUB SALT
AND PEPPER
INTO



LOOSE FOIL
OVER



PUT IN OVEN
AT

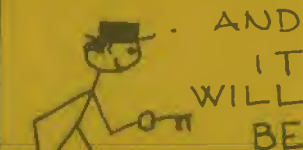
200°

OR
A BIT LESS

AND
FORGET IT
FOR 8 HOURS
OR 10.

GO TO WORK
GO TO BED
OR A WALK

COME HOME



READY.

POUR JUICES
INTO SAUCEPAN



(FROM FOIL TOO)

8 HOURS
IS TOO
LONG

MIND YOUR
OWN
BUSINESS

ADD HALF A FINE
CHOPPED ONION



SOME WINE OR
A LITTLE WATER
AND SIMMER 5
MINUTES. $\frac{1}{4}$
PINT CREAM.
SALT AND PEPPER
CALL IT.....

POULET ROTI
SAUCE
SUPREME

WELL.....
ALMOST



Smelt Teriyaki

33 On all the shores of North America, in the summer and at midnight, there are men and boys catching, one way or another, smelt. Sometimes they dip nets on poles, sometimes they hang nets in the water at the turn of the tide, sometimes they wade in with lanterns. They all have different tricks, and they all catch fish, and they all take them home in a bucket to cook.

All except those who take them to the fishmonger, who sells them, usually, cheap. You can fry them dipped in flour, or make them very pompous dipped in egg and breadcrumbs, or you can try this recipe, which is so delicious that you will never try any of the others.

Don't clean them, just wipe them, lay them in the pan, head on and all, and cook them whole. Turn them carefully — they will be a burnished coppery colour where they have been fried — and eat them like you play a mouth organ, using your front teeth the way they were designed for, nibbling the flesh off the bone like a mouthful of midnight ear. Very nice.

Fry anything in the same mixture of oil and soya sauce and sugar. The Japanese call it Teri-Yaki.

And of course, you take the stuff out of the fridge and eat it. It's called Sunomono.

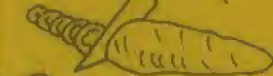
SMELT TERI- YAKI

FIRST

M
I
X

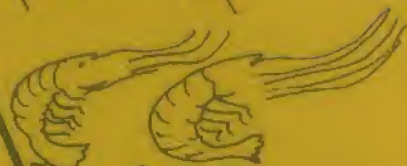
FIVE
TABLE
SPOONS
VINEGAR
AND
ONE OF
SUGAR

THEN: PUT
IN IT A



CUCUMBER
AND
RADISHES
SLICED THIN

AND A



HANDFUL OF
FRESH
SHRIMP



LET
SIT IN
THE
FRIDGE
WHILE
YOU—

CATCH



OR BUY

SOME SMELT

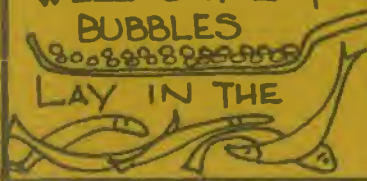
NOW.



(OIL
{ SOY
SAUCE

AND A TSPN
SUGAR IN
THE MIDDLE

HOT PAN-STIR
WELL UNTIL IT
BUBBLES
LAY IN THE



3 minutes



each
side,
med
heat

THEY WILL BE
STICKY AND
DEELISHIUS



Chinese Beef

34 Any fool can cook a steak. All you need is enough money to buy it and a really hot fire.

But cooking meat the Chinese way costs a lot less, takes no more time, and leaves enough money left over for a bottle of wine.

This is a quick and simple trick given me with love by an old friend and dedicated cook, Alex Louie of Vancouver's Marco Polo. He sells a lot of it, my friends eat a lot of it.

One flank steak will feed four people, with vegetables and rice. If there

are only two of you, take a knife, cut the steak in half, and keep the rest for tomorrow.

The secret in all Chinese fry cooking is in getting the pan much hotter than you think it should be. Really hot. I heat it up, with no oil in it, till drops of water flicked on it bounce. Then (very quick) the oil, the garlic, the ginger and piece by piece the beef, turning everything constantly.

And if you want a change for the next day, buy some star anise, crunch it up and add that instead of the ginger.

CHINESE BEEF

① SLICE

A FLANK STEAK $\frac{1}{4}$ " THICK

ACROSS
LIKE
A LOG

② THEN ACROSS

THE SLICES

③

MIX
2 TBLSP OIL
1 TBLSP FLOUR
 $\frac{1}{2}$ TSP PEPPER

DUMP
THE
MEAT IN
AND STIR
ABOUT
A BIT

④ GRATE

$\frac{1}{2}$ "

GREEN
GINGER

⑤ CHOP
FINE

ONE
CLOVE
GARLIC

⑥ CUT
ONE
BUNCH
GREEN
ONIONS
INTO ONE
INCH BITS

⑦

PAN VERY HOT

FLICK WATER
AT IT AND IT
BOUNCES

THEN 2 TBLSP
OIL

⑧

FRY GARLIC
AND GINGER
ONE MINUTE
THEN
ONIONS ONE
MINUTE

⑨

THEN
BEEF
FOUR
MINUTES

⑩

DUMP IN QUICK
1 TSP. CORNSTARCH
MIXED WITH
1 TSP. SOY SAUCE
 $\frac{1}{3}$ CUP SHERRY

STIR AND TURN MOST VIGOROUSLY & CONTINUOUS.

Just Enough Jam

35

My grandmother lived in the same house for fifty-seven years. It was the jam that kept her there. She was good at it, and also miserly. The cupboards of her kitchen, the tops of her closets, the basement, even suitcases under the bed, were full of jam. Strawberry jam, blackberry jam, marrow and ginger jam, rhubarb jam and even turnip jam. If we were very good we were allowed to eat it, on fresh bread, which she was also very good at.

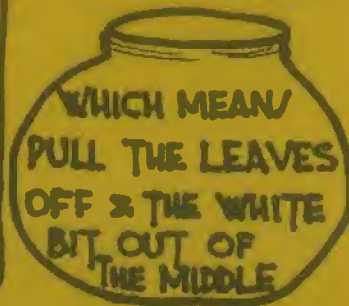
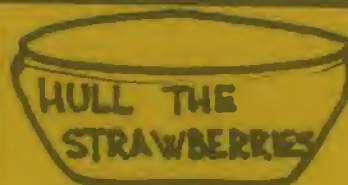
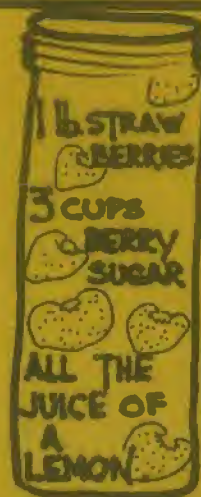
Nobody wants an apartment full of jam today, but it is nice, each time a new summer fruit appears fresh in the stores, to make it just once, just enough for a couple of breakfasts or tea with some friends. Or pancakes.

This way of making jam is foolproof, and it tastes nice, without any of the pectin or other mystiques that usually seem to go into jam making.

If you buy strawberries by the pound, then the proportions are correct. If you buy a twelve ounce packet, which for some reason appears to be popular with the supermarkets, then use $2\frac{1}{4}$ cups of sugar and most of the juice of the lemon. You can put the rest in gin.

And if you want to be super conservative, peel the lemon first in a long thin spiral, just the yellow part. Then poke it into a mickey of gin, and leave it for a week or two. Nice, clean-tasting lemon gin — very good for summer.

Most other summer fruits will also make jam. Just use three-quarters of the sugar you do for strawberries.



BRING TO (SLOWLY)
BOIL AND THEN
BOIL FAST 6 MINS
STIRRING A
LOT

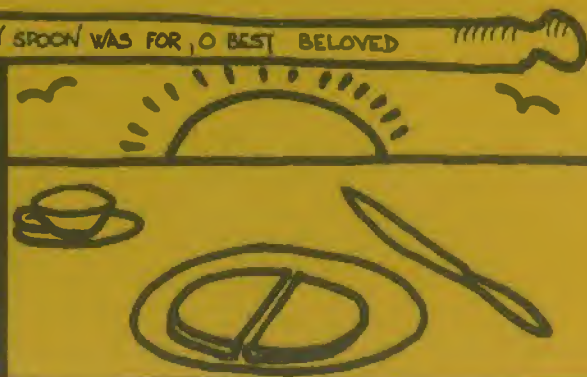
NOW YOU KNOW WHAT THE WOODEN SPOON WAS FOR, O BEST BELOVED

AND THAT'S IT. PUT
IT IN CUPS, MUGS, ANYTHING
BUT TEAPOTS.



WHY NOT
TEA POTS?

TOO HARD
TO SUCK
OUT



Turkey Tremenjus

36 There is just no way to describe this turkey, other than the friendliest cooking you will ever experience. I mean, you need friends for a turkey, just to eat it, so you might as well get them there early and spend the day doing it.

We sit around and smoke a bit, and drink a little, and tell lies. Somebody gets up to look at it, or baste it, or just smell it, every fifteen minutes or so, and people go for walks and get hungry, or play with whatever the kids got for Christmas.

It looks really terrible. The first time I tried it I was most ashamed — everybody's dinner was ruined and I was going to write letters to the newspaper I got it from, and Pierre Berton and Himie Koshevoy — and all the other people who had recommended it — but we all kept basting and sipping and finally we fished it out and did what the book says. It was magnificent, like a twenty-pound pheasant. Get one between eighteen and twenty-two pounds, and a dozen or so friends. Happy Christmas, or Thanksgiving, or whenever you decide to do it.

TURKEY REINVENTIONS

NOW GET SOME SCOUSHY FRIENDS.

ONE TO EACH BOWL AND MIX AND MIX AND MIX AND MIX. EVEN MORE. THEN MIX ALL THE BOWLS TOGETHER. SCOUSHY-USE YOUR HANDS. MIX TILL YOU ARE REALLY TIRED.

TURN OVEN TO 500°
VERY VERY HOT

OR
SKEWER



STUFF AND STITCH BOTH ENDS

MASAGE TURKEY WITH WARM HANDS AND PEPPER AND SALT. PUT IN RED HOT OVEN TILL BEDOWN ALL OVER. TAKE IT OUT AND TURN OVER DOWN TO 325°. SHUT DOOR.

QUICK: PAINT THE
NOW: ADD 1 CUP COOL
TO ABOUT MORTUAE.

TURKEY WITH THE PASTE
ALL OVER. BACK INTO
OVEN TILL IT SETS. DO
IT AGAIN. TWICE.
YOU MAY NEED TO
MAKE 3 LOTS OF
PASTE. BE READY TO
BASTE EVERY 15 MINUTES—
GIVE IT A SHOUT EFFORT-NEED FRIENDS



TURN THE TURKEY
OVER WHEN HALF
COOKED.

YOU DROVE
WEIGHT BY 4
FOR COOKING
TIME IN HOURS

IT WILL COME OUT BLACK
AND TERRIBLE AND RUINED
NOW JUST PEEL OFF THE
PASTE WITH TWEEZERS FOR
THE BEST YOU EVER HAD.

DEACE AND HADDDY *Scoushy*

BOWL 1	
2 tsp. coleman mustard	2 tsp. coriander seed
3 tsp. celery seed	2 tsp. poppy seed
2 1/2 tsp. onion or wild grass	1 crushed bay leaf
1 tsp. black pepper	1/2 tsp. moose
4 1/2 tsp. dried parsley	5 cloves chop garlic
4 crushed cloves	1/2 tsp. turmeric
4 large onions, chopd fine	6 shallots celery, dried
1/2 tsp. marjorim	1/2 tsp. sawery
1 1/2 tsp. poultry season	1/2 tspn. salt

BOWL 2	
3 plug. bread crumbs	3/4 ground veal
1/4 ground fresh pork	1/4 butter and all the
loose turkey fat you can find (rendered).	

BOWL 3	
one apple } diced	one orange }
1 can crushed pineapple	1 can drained water chestnuts
3 1/2 tspn. chopped preserved ginger	

PASTE	
2 egg yolks	1 tsp. cayenne
1 clove minced garlic	1 1/2 tspn. onion juice
1/2 tspn. salt	2 pinchers cayenne
1 tsp. lemon juice	1 tsp. lemon juice
flour to make paste.	

GUARANTEED MAGNIFICENT DON'T LET APPEARANCES FOOL YOU...

Christmas Drinks

37 Hot tea is the simplest of all hot drinks. My grandmother loved it. With half an inch of whiskey in the bottom of the cup. I still do it, on Sunday afternoons, when it's raining. And the same amount of brandy in a cup of coffee has considerable merit.

But it seems that Christmastime is the time for getting sentimental about hot toddies, and punches, and Wassail Bowls, so most people get out a tin saucepan and a bottle of the cheapest, and boil it with cinnamon or detergent of whatever takes their fancy, and drink it quick and spend the next two days bragging about their hangover.

Next time you make a hot drink, try using your best booze, and your best saucepan, and don't boil it, just make it hot enough in small quantities, and find your way into a pleasant warm nodding happiness.

When you make the Yard of Flannel, try using two jugs, one for the hot ale, the other for the eggs and things. Pour them one into the other, back and forth, till they are smooth.

And if you want a very pleasant occupation, try Charles Baker's English Bishop. First you take an orange and stud it all over with whole cloves. Dip it in brandy and roll it in brown sugar. Put it on a

stick and toast it over the fire till the sugar caramelizes. Now cut it into quarters, put it in a pan with a bottle of the best port you can find, and just simmer very gently for twenty minutes with the lid on. Add four ounces of brandy, and warm another ounce in a spoon. Just before you serve it, pour the brandy (the spoon-warm brandy) gently on to the saucepan and set fire to it. Very potent. But you must not boil it; boiling ruins any wine for drinking, and port most of all. Happy Christmas.

I AM GOING TO ENGLAND TO WEAR AN
UMBROLLA AND DRINK THE WARM BEER
AND BUY A BOWLER. MEANWHILE, A TRIO
OF VERY OLD RECIPES FROM KINGS, QUEENS,
GOSSIPS AND BISHOPS I HAVE KNOWN

1654 London
Gossip's cup
2 bottles Ale
1 tablespn brandy
brown sugar a tspn
lemon peel a slice
ginger a pinch
and nutmeg ditto
just heat & set boil

1817. YARD of Flannel
3 bottles Ale
3 eggs beaten
half cup brown sugar
 $\frac{1}{2}$ tsp Ginger
 $\frac{1}{2}$ cup Rum
peel of half a lemon
heat ale and peel.
beat eggs & ye
other stuff. Mix
in a jugge till smooth
Do notte boil.

Good
QUEEN BESS
MULLED CLARET
1578
3 cups claret
and one of port
half cup cognac, the peel
of a lemon, two pinches
each cinnamon & nutmeg
6 cloves. Heat covered
Do notte boil.

DO NOT BOIL
ANY OF THEM AND
A MERRY CHRISTMAS



Christmas Drinks

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ANY OF THEM AND
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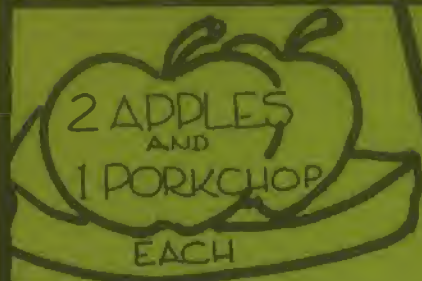
Pork Chops Canadiennes à la Façon de Kelowna

38

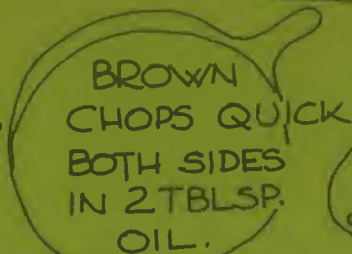
it smells so nice. Like an old French kitchen with a pot on the stove, I learned to cook with apple juice in Normandy, where the apple is a large and important part of the farm economy. They make cider from it, and a most lethal drink called Calvados. The girls use it for their complexions (and there is nothing like an armful of girl smelling of fresh pressed apples), the pigs eat a lot of them, and in fall the pork takes on a very interesting colour and flavour.

There are not many apple-fed pigs in North America, but if you want to get the special flavour, here it is, sort of sweet, a little spicy from the cinnamon, and very tender. I eat it with heavy rye bread, and asparagus when it's in season.
Bon appétit.

PORK CHOPS CANADIENNES. À LA FAÇON DE KELOWNA.



① PEEL
AND
SLICE
APPLES
WHILE
YOU



NOW:

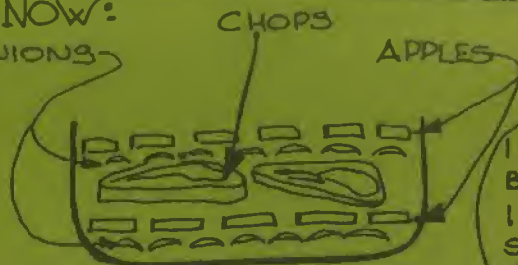
② FRY
A MEDIUM
ONION
SLICED
THIN

MEDIUM
HEAT

③ FRY APPLE
LIGHT BROWN
AND SPRINKLE
WITH
CINNAMON

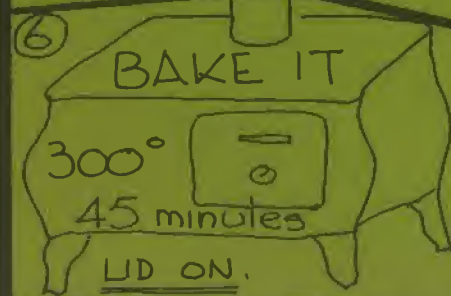
④ IF YOU NEED
MORE OIL FOR THE
APPLE THAT'S OKAY.
THE CHOPS AND ONION
ARE ON A PLATE.

⑤ NOW:
ONIONS



1 TSP.
BASIL
1 TSP.
SALT
ON CHOPS

ADD 1 CUP APPLE JUICE.



⑦ LAY THIN
SLICED CHEESE
OVER TOP. BROIL
CRISP AND BUBBLY.

GOOD FOR
MAN AND BEAST



Cauliflower Cheese

39 Next time you have vegetarians to dinner, or cauliflowers are cheap, or you have a very simple boiled chicken, try your hand at this.

Just be careful making the sauce. Cook it slowly at first, then add the stock (cubes or real) slowly, and the milk slowly, keeping the temperature up while you do it so that you can see how thick or thin it is getting.

Warm the egg yolks with some of the sauce before you mix them all together

(this will stop the yolks curdling), and that's about all you have to worry about. If you want to be really luxurious, use heavy cream instead of the milk, and omit the egg yolks altogether. And if you want to be downright extravagant, use white wine instead of stock.

And if you want to be different, give it a good dusting of nutmeg before you pour the sauce over the cauliflower.

This very simple dish has a habit of becoming a household standby.

CAULIFLOWER CHEESE ~

① BREAK IT
INTO FLOWERETS
AND BOIL

7 MINS
SALTED
WATER

② MEANWHILE, THE SAUCE
MELT 2 TBLSP. BUTTER.
STIR IN 2 TBLSP FLOUR.
COOK 3 MINS, LOW HEAT.

STIR, FORK
FLAT

③ ADD (SLOWLY)

1 CUP
HOT
CHICKEN
STOCK
THEN
1 CUP
MILK
1 TSP. SALT, SOME PEPPER

KEEP
STIRRING

⑤ NOW STIR IN
4 TBLSP GRATED
CHEDDAR TILL
IT MELTS.

④

STIR $\frac{1}{4}$ CUP HOT SAUCE
INTO 2 BEATEN EGG YOLKS.
THEN STIR THEM INTO
SAUCE.

STIR, SLOW
BUT STIR

DRAIN
CAULI
FLOWER



AND

POUR SAUCE OVER.



⑦ 2 TBLSP. CHEESE
ON TOP. BROIL GOLDEN.

SOUNDS
LIKE
CHOUFLEUR
AU SAUCE
MORNAY
TO ME

DON'T TELL
THE KIDS
OR THEY
WON'T
EAT IT.

Ice Cream and Whiskey

40 Oh those pillow-warm and plumply pretty
 girls who live in every city
 never whistled at by any
 men who think it highly bene-
 ficial to their status
 to take out girls not quite so fat as
 the placid, kind and all-forgiving
 chubbies who think cheesecake's living.

SIX OUT OF SEVEN
COOKS DON'T EAT
DESSERT.

CATS DON'T
LIKE IT
EITHER...

BUT WE ALL KNOW ABOUT
VANILLA ICE CREAM WITH
HALF A TSPN INSTANT COFFEE
AND HALF A TSPN COCOA PWDR
SPRINKLED ON TOP. THEN A TBLSPN
WHISKY.....

OR
BOURBON

AND A
CHERRY?

SCOTCH
IS GOOD

OR
RYE

I LIKE
BENEDICTINE

WITH
COGNAC....
MERVEILLEUX

ANYTHING
BUT GIN.



Turkey Tarragon for Two

41 This is a very simple version of a well-known classic, Poulet à l'Estragon. It was taught to me by a girl in Normandy, who also taught me to steal chickens.

The chickens of Normandy were big and tough and old. And the stolen ones were cheap. Turkey legs are a substitute which fills most of these requirements, but if you do happen to have a butcher who keeps his chickens Normandy-farmer-style he will probably expect you to steal them.

So here's how you do it. The chickens sleep in apple trees, on branches about four feet off the ground. They must be snuck up upon, very quietly, from behind, with one hand from above, and one from below. You very carefully and

slowly bring the two hands together at exactly the same moment, keeping tight hold with the lower one while the upper one helps the chicken off the branch quietly and quickly under your jacket. You then run.

My instructor was a punst. She felt that chicken stealing was a natural predatory act, in tune with nature. In order to get properly in tune, etc., she insisted that we spend the evening waiting for the right moment (usually two or three in the morning) getting our natural rhythms ready.

So if you have a butcher whose chickens sleep in trees in an apple orchard which has a haystack close by, all you need is a partner interested in natural rhythms

and you will have a really authentic Normandy chicken.

If you haven't got arrowroot, use two teaspoons cornstarch. But arrowroot is much better; it's smoother, and translucent.

TURKEY



TARRAGON FOR TWO

A WHOLE
TURKEY?

NO, JUST
A LEG.

① HIGH HEAT HIGH
HEAT HIGH HEAT

BROWN
LEG ALL OVER
QUICK IN
2 TBLSP. OIL
1 TBLSP. BUTTER

HIGH HEAT HIGH HEAT HIGH

② HEAT LOW HEAT
LOW HEAT LOW HEAT

GENTLY
FRY A CHOP'D
ONION
TRANSPARENT

③ ADD
APPLE JUICE
1 CUP
AND
1 TSP. TARRAGON

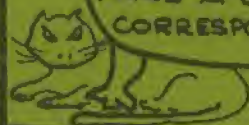
⑥ NOW: TAKE LEG OUT.
ADD 3 TBLSP. SOUR
CREAM AND 1 TSP.
ARROWROOT & WATER.

④

I LIKE
THIS BIT

ME TOO, BUT YOU
FORGOT SALT
AND PEPPER.

SIMMMMER ONE HOUR
LID ON WHILE YOU
TAKE A BATH OR A
CORRESPONDENCE
COURSE.



⑤ ADD 1/4 lb.

SLICED
MUSHROOMS

COOK 10 MINS.
LID OFF

SMELLS
NICE

NOW: ⑧

RICE ON PLATE
LEG ON RICE
SAUCE ON LEG
VERY NICE.



Salade de Haricots Verts au Gruyere

42 Contrary to popular opinion, what French girls really do is make salads. A simple roast chicken, a salad, some fresh bread and a bottle of wine make a memorable meal, without most of the panic that accompanies North American dinners.

This salad, which, in spring and summer, when the *beans* are fresh and young, is very close to being one of the greatest salads in the world, is simple, classic, and typically French. It comes (for snob interest) from La Comtesse Guy de Toulouse-Lautrec. On its own it is a very pleasant lunch. With a few trimmings it transforms the simplest dinner

You can, if you must, use frozen beans. But try it with the fresh ones, the skinniest you can find, the greenest you can find, and the flavour is sophisticated enough for adults, simple enough for children. Make enough. Make lots. It is not a salad to be sneaked on to the corner of a plate and nibbled at.

The secret is in making the vinaigrette — which is simply a French dressing with stuff in it. Once you have made it, it will keep for a long time anywhere reasonably cool. But if you refrigerate it too much, the oil turns into a lump at the top of the bottle, which requires warming under the hot tap, then shaking.

Put whatever you fancy that is fresh in it. If you use bottled herbs, like farragon, crush them first between two spoons to liberate the flavour. Shake it a lot. This is another standby which easily becomes a family favourite.

OH, MARY.
CHARLES IS
IGNORING
ME AGAIN

MY HARRY
COMES HOME
EVERY
LUNCHTIME

WHAT FOR?

**SALADE DE HARICOTS
VERTS AU GRUYERE**
THAT'S WHAT FOR.

OH, WE'VE NEVER
TRIED THAT. HOW
DO YOU... ER?

WELL, AT 11 A.M. I TOP
AND TAIL 1 lb GREEN BEANS
AND DROP THEM WHOLE
IN BOILING SALTED
WATER FOR EXACTLY
SIX MINUTES.

THEN I DRAIN THEM
WHILE I MAKE A
SAUCE VINAIGRETTE.

IT'S EASY. 1 OZ
VINEGAR, $\frac{2}{3}$ CUP OLIVE
OIL. JUICE $\frac{1}{2}$ LEMON. 1 TSP.
SALT. $\frac{1}{2}$ TSP. PEPPER. HALF
A FINE CHOPD ONION
A TSP. CHOPD PARSLEY
A TSP. CHOPD CHIVES
AND SOME TARRAGON.
SHAKE IT IN A
NARROW NECK
BOTTLE.

YEAH?

AT
NOON?

I POUR THE VINAIGRETTE
ON THE BEANS AND REFRIGERATE
AN HOUR. JUST BEFORE
HARRY COMES HOME I CUT
 $\frac{1}{4}$ lb. GRUYERE INTO $\frac{1}{4}$ "
CUBES, AND TOSS IT
ALL TOGETHER.

WOW

3 months later...

THANKS TO GOOD OLD
SALADE DE HARICOTS
VERTS AU GRUYERE

THINKS...

MY CHARLES IS A REGULAR
NOONER NOW.

WOW!

Velvet Chicken and Mushrooms

43

Fresh ginger you can buy in almost any enlightened supermarket, strange, lumpy looking tan-coloured roots, from Hawaii. And they are something you should learn to use.

Most simple Chinese vegetable dishes are flavoured with fresh root ginger, just a bit, shredded into bean sprouts. And most very bad Chinese restaurant food is made with shredded cooked chicken. If you learn to use fresh chicken, cut to size before it is cooked, and cooked very little, you will quickly come to an appreciation of what Chinese food really tastes like.

It's really quite easy. All you need is a sharp knife. Slide it close to the bones, and get off as much meat as you can in one piece. What is left on the bones will, with an onion, and simmered gently while you eat dinner, make a magnificent light soup for tomorrow's dinner, particularly if you remember to bring home a few mushrooms to slice into it, and even more particularly if you shred just a little ginger into it while it simmers.

This particular recipe is called Maw Gwooh Chow Ghuy Pien if you want to be smart. It is very simple, very smooth,

and very spicy, a quick and easy thing to make in fifteen minutes. Just don't overcook it. Don't overcook it. Don't overcook it.

The chicken will turn a nice delicate white. If you want to make it even more exotic (although this is, I think, an unnecessary sophistication), replace a glass of the stock with a glass of sherry. But whatever you do, don't overcook it.

VELVET CHICKEN AND MUSHROOMS

BONE ①
AND CUT
VERY THIN
2 FRESH CHICKEN
BREASTS

WATCH
YOUR
FINGER

MIX WITH ②
1 TSP. CORNSTARCH
1 TSP. OIL

③
½ TSP. SALT
AND
¼ TSP. PEPPER

LET
IT
SIT.

⑤
QUICK THE CHICK
EN IN.
HALF A MINUTE

③ NOW: 1 SOUP CUBE IN
2/3 CUP BOILING WATER.
POUR OVER:

smooth
cornstarch
first with
water

½ lb small mushrooms
2 tsp. cornstarch
½ teaspn. salt
¼ tsp. pepper

④ FRY
FRESH
¼" CHOPD GINGER
1 CLOVE GARLIC
CHOPD FINE
IN
1 TBLSP. OIL
TILL JUST NOT BROWN
HOT PAN.

LOW/MEDIUM
HEAT

DON'T OVERCOOK

EAT
HOT
AND

IMMEDIATELY

NOW: ⑥ QUICK AGAIN

DUMP IN MUSHROOM STUFF - ALL OF IT.
STIR A LOT. COOK TILL JUST DONE
- MEAT WHITE - MAXIMUM 5 MINS.

DON'T OVERCOOK

Aunt Pamela's Sunday Pork Roast

44

Aunt Pamela is not really very nice at all. She is a garrulous old windbag who has talked three husbands to death. But she can cook. That's how she catches them. She does this on Sundays in spring, when pork is cheap. She spends the afternoon looking smug, nipping in and out of the kitchen in her apron, and suddenly everything is ready, all on one dish. She talks and everybody else eats. It's very good. A five pound roast will feed about twelve people. Or four teenagers.

If you get organized first, peel the potatoes and quarter them, peel the onions and cut the carrots so they are all about as thick as your thumb. There's nothing to do for the rest of the afternoon except smell it cooking. After the first twenty minutes it is a nice cinnamon colour,

and it gets darker and darker until it's ready. You can use zucchini instead of carrots, or leeks, or celery. But keep the onions, they're nice.

And if you have any spare room in the oven, put a couple of apples apiece in a baking dish. Don't peel them, just cut out the cores and fill them with brown sugar and raisins. Push it in tight with your thumb, and heap it tight on top. Put a little water in the pan and bake them for an hour, basting occasionally. Very good with ice cream. And a little cinnamon in the sugar is good. Pour the juice over it all.

And the meat gravy. No flour. Just a little stock, scrape well around the bottom of the pan and mix it well while it boils down. Happy Sunday.

AUNT PAMELA'S SUNDAY PORK ROAST



really rub it in

with { 2 tsp. pepper } and
1 tsp. salt { two tsp. sugar.
1/2 tsp. cayenne }



SUCH A
PRETTY
COLOR

NOW:
1 CUP
APPLE
JUICE
OVER IT.

OVEN
TO 300°

SPREAD 2 TBLSP
BUTTER AND 2 TSP
CRUSHED BASIL
ON IT. COOK 30 MIN
A POUND.
→ BASTE OFTEN

I LIKE
VEGETABLES

OKAY. POTATOES
PEELED & QUARTERED
IN WITH ROAST ONE
HOUR BEFORE READY.
CARROTS 1 1/2 HRS.
SMALL ONIONS ONE
HOUR. BASTE OFTEN

SO I SAID TO HER STRAIGHT, "ELIZABETH", I SAID, "IF YOU
WANT A REALLY GOOD GRAVY, JUST DUMP HALF A CUP OF
STOCK INTO THE PAN JUICES AND 2 TBLSP. BUTTER. BOIL
IT TWO MINUTES. I'M SURE PHIL WILL LIKE IT." SHE SAID

"WE THANK YOU",
EVER SO NICE.



Pescado del Carmen

45

I can never understand why the recipes for swingers go in for Beef tenderloin.

"Hello?"

"Susan?"

"Yes John?"

"I've got Pescado del Carmen."

"You've got what?"

"Pescado del Carmen."

"Is that a new cut?"

"No. It's something I picked up in Mexico."

"Oh no. Who did you get it from?"

"A fisherman's wife in Baja California."

"Are you sure?"

"Of course I'm sure."

"Well what shall I do?"

"Come round if you like. Ever had it?"

"Certainly not. You are awful. What shall

I tell people?"

"You don't have to tell anybody anything. Just come round. It smells very interesting."

"John, you're disgusting."

"Look, what's disgusting about a fantastic, cheap, really ethnic dinner full of nourishing vitamins and exciting tastes? Pescado del Carmen is much better than all that phony Mexican stuff made of beans."

"Oh."

"Well, are you coming?"

"Yes. John?"

"Yes?"

"I'm so glad you've got Pescado del whatsit."

"What do you mean?"

"Look, I'll be round later."

PESCADO DEL CARMEN

FISH? IN MY
APARTMENT?

WHY NOT?
THIS IS CHEAP
AND GOOD
AND DOESN'T
SMELL

- ② COOK WITH
4 TBLSP OLIVE
OIL, 1 BAY LEAF
 $\frac{1}{2}$ TSP. THYME,
4 SHAKES CAYENNE PPR
1 TSP. SALT AND
1 TBLSP
VINEGAR

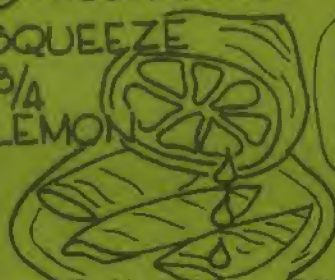
LOW HEAT-30 MIN

- ③ FISH INTO SAUCE



SOME SAUCE OVER IT

- ③ meanwhile:
SQUEEZE
 $\frac{3}{4}$
LEMON



THE
OTHER
QUARTER
IN MY
GIN AND
TONIC

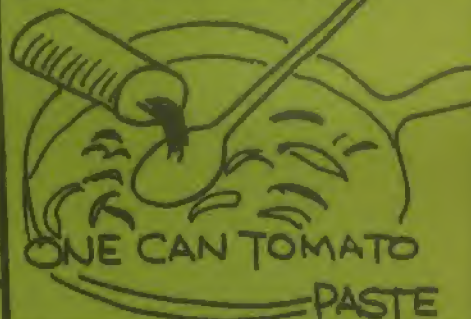
ON 2-lbs COD FILLETS

- ⑥ simmer
5 mins lid on
5 mins lid off.
eat immediately

EAT
WITH
RICE?

- ① 6 TOMATOES
3 ONIONS
2 GREEN
PEPPERS
CHOP
ALL
FINE
AND TWO CLOVES GARLIC.

- ④ ADD to SAUCE



YES, AND A CHEAP
RED WINE. SERVES
FOUR IF SHE WANTS
TO BRING HER MUM
AND DAD.



"This must be one of the funniest books ever written."

Hamilton Spectator

"Don't let the title mislead you; it's light-hearted but James Barber is no lightweight in the kitchen. This slim volume of recipies could just as easily be titled 45 Ways to Earn a Reputation as a Good Cook."

London Free Press

"...There's a little bit of love, a sprinkling of philosophy and a funny story in each recipe..*Bon appétit*, James, and may your frying pan never grow cold."

Vancouver Sun

"Cooking is the simplest way of saying 'I Love You.'"

James Barber

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